|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date (Day #) | Food Description | Serving Size | Amount of Calcium | Amount of Vitamin D |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

\*Adapted from FitWatch Food Diary. [www.fitwatch.com](http://www.fitwatch.com).

**Total Daily Calcium Intakes:**

|  |  |
| --- | --- |
|  | Total daily calcium intake amount |
| Day 1 |  |
| Day 2 |  |
| Day 3 |  |
| Day 4 |  |
| Day 5 |  |
| Day 6 |  |
| Day 7 |  |
|  | **Average daily calcium intake=** |

Questions:

1. What is your daily recommended calcium intake?
2. Based on your average daily calcium intake, do you need supplementation to meet calcium requirements? If so, how much and how would you supplement?
3. How much supplementation would you need if your daily calcium intake goal was 1200 mg? How would you supplement?