Dr Calista Spiro
Bariatric Surgeon

7 Day Intake Diary

Barton Specialist Clinic
9/3 Sydney Ave,
Barton ACT 2600

Tel: (02) 6152 8998
reception@drcalistaspiro.com.au

Day/Date	Breakfast	Snack	Lunch	Snack	Dinner	Snack/ Dessert	Beverages/ Water	Total Calories
Mon								
Calories								
Tues								
Calories								
Wed								
Calories								
Thurs								
Calories								
Fri								
Calories								
Sat								
Calories								
Sun								
Calories								