

DR. CARL SAYLES, PSYD, LMFT
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Name _____ Date _____

Daily Caffeine Consumption Questionnaire

	Caffeine	Ounces/doses/tablets per day total	Average per day
<i>Beverages</i>			
Coffee (6 oz.)	125 mg	_____	_____
Decaf Coffee (6 oz.)	5 mg	_____	_____
Espresso (1 oz.)	50 mg	_____	_____
Tea (6 oz.)	50 mg	_____	_____
Green Tea (6 oz.)	20 mg	_____	_____
Hot Cocoa (6 oz.)	15 mg	_____	_____
Energy Drinks (12 oz.)	200 mg	_____	_____
Caffeinated Soft Drinks (12 oz.)	40-60 mg	_____	_____
Chocolate Candy Bars	20 mg	_____	_____
<i>Over-the-Counter Medications</i>			
Anacin	32 mg	_____	_____
Appetite-Control Pills	100-200 mg	_____	_____
Distran	16 mg	_____	_____
Excedrine	65 mg	_____	_____
Extra Strength Excedrine	100 mg	_____	_____
Midol	132 mg	_____	_____
NoDoz	100 mg	_____	_____
Vanquish	33 mg	_____	_____
Vivarin	200 mg	_____	_____
<i>Prescription Medications</i>			
Fiorinal, Fiormor, Fiortal, Laniroif	40 mg	_____	_____
Darvon	32 mg	_____	_____

* Total mgs of Caffein per day _____

* More than **250 milligrams** of caffeine a day *may* interferer with deep sleep.

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