

CAFFEINE CONSUMPTION QUESTIONNAIRE

			Average number of ounces/doses/tablets per day	Average total per day
Beverages				
Coffee (6 oz.)	125mg	X	_____	_____
Decaf Coffee (6 oz.)	5 mg	X	_____	_____
Espresso (1 oz.)	50 mg	X	_____	_____
Tea (6 oz.)	50 mg	X	_____	_____
Green tea (6 oz.)	20 mg	X	_____	_____
Hot cocoa (6 oz.)	15 mg	X	_____	_____
Energy drinks (12 oz.)	*equivalent 200 mg	X	_____	_____
Caffeinated Soft Drinks (12 oz.)	40-60 mg	X	_____	_____
Chocolate candy bar	20 mg	X	_____	_____
Over-the-Counter Medications				
Anacin	32 mg	X	_____	_____
Appetite-control pills	100-200 mg	X	_____	_____
Dristan	16 mg	X	_____	_____
Excedrine	65 mg	X	_____	_____
Midol	132mg	X	_____	_____
NoDoz	200mg	X	_____	_____
Triaminicin	30 mg	X	_____	_____
Vanquish	33 mg	X	_____	_____
Vivarin	200 mg	X	_____	_____
Prescription Medications				
Cafergot	100 mg	X	_____	_____
Fiorinal	40 mg	X	_____	_____

TOTAL MG. CAFFEINE PER DAY _____

*Caffeine content of energy drinks vary. They also include a number of stimulating herbs.

> 250 milligrams a day, if taken after noon, *may* interfere with deep sleep

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