

CAFFEINE CONSUMPTION QUESTIONNAIRE

		Average Number of Ounces/doses/tablets Per day	Total Milligrams (MGS) Per day
<u>Beverages</u>			
Coffee (6 oz.)	125 mg.	X _____	_____
Decaf Coffee (6 oz.)	5 mg.	X _____	_____
Tea (6 oz.)	50 mg.	X _____	_____
Hot cocoa (6 oz.)	15 mg.	X _____	_____
Soft Drinks (12 oz.) (Caffeinated)	40-60 mg.	X _____	_____
Chocolate Bar	20 mg.	X _____	_____
<u>Over-the Counter Medications</u>			
Anacin	32 mg.	X _____	_____
Appetite-Control Pills	100-200 mg.	X _____	_____
Dristan	16 mg.	X _____	_____
Excedrine	65 mg.	X _____	_____
Extra Strength Excedrine	100 mg.	X _____	_____
Midol	132 mg.	X _____	_____
NoDoz	100 mg.	X _____	_____
Triamicin	30 mg.	X _____	_____
Vanquish	33 mg.	X _____	_____
Vivarin	200 mg.	X _____	_____
<u>Prescription Medications</u>			
Cafergot	100 mg.	X _____	_____
Fiorinal	40 mg.	X _____	_____
Darvon Compound	32 mg.	X _____	_____
TOTAL MG. CAFFEINE PER DAY			_____
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More than 250 milligrams per day *may* interfere with deep sleep

