

Caffeine Consumption Questionnaire

			Average ounces per day	Average number of cups/ tablets per day	Average amount per day
Beverages					
Coffee (6 oz.)	1	5mg	X	---	---
Decaf Coffee (6 oz.)		5 mg	X	---	---
Espresso (1 oz.)		0 mg	X	---	---
Tea (6 oz.) Green		0 mg	X	---	---
Tea (6 oz.) Hot		0 mg	X	---	---
Cocoa (6 oz.)		5 mg	X	---	---
Energy drinks (12 oz.)	*equivalent 2	0 mg	X	---	---
Caffeinated Soft Drinks (12 oz.)	10-	0 mg	X	---	---
Chocolate candy bar		0 mg	X	---	---
Over-the-Counter Medications					
Anacin		2 mg	X	---	---
Appetite-control pills	10)-2	0 mg	X	---	---
Dristan		6 mg	X	---	---
Excedrine		5 mg	X	---	---
Midol	1	2mg	X	---	---
NoDoz	2	0mg	X	---	---
Triaminic		0 mg	X	---	---
Vanquish		3 mg	X	---	---
Vivarin	2	0 mg	X	---	---
Prescription Medications					
Cafergot	1	0 mg	X	---	---
Fiorinal		0 mg	X	---	---
TOTAL (G. 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. © John Preston (2007)