

Caffeine Consumption Questionnaire

Beverages:		Ave # of oz per day	Average Total Per Day
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.)	equivalent 200 mg	_____	_____
Caffeinated Soft Drink (6 oz.)	40-60 mg	_____	_____
Chocolate Candy Bar	20 mg	_____	_____

Over the Counter Medication		Ave # of Doses/Tablets	Average Total Per Day
Anacin	32 mg	_____	_____
Appetite-control pills	100-200 mg	_____	_____
Dristan (6 oz.)	16 mg	_____	_____
Excedrine	65 mg	_____	_____
Extra Strength Excedrine	100 mg	_____	_____
Midol	132 mg	_____	_____
NoDoz	100 mg	_____	_____
Triaminicin	30 mg	_____	_____
Vanquish	33 mg	_____	_____
Vivarin	200 mg	_____	_____

Prescription Medication			
Cafergot	100 mg	_____	_____
Fiorinal	40 mg	_____	_____
Darvon compound	32 mg	_____	_____

Total MG. Caffeine Per Day: _____

More than 250 mg a day *may* interfere with deep sleep