

## Caffeine Consumption Questionnaire

<b>Beverages</b>			Average number of ounces/doses/tab lets per day	Average total per day
Coffee (6oz)	125 mg	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 Drink (12 oz)	equivalent 200 mg	X	_____	_____
Caffeinated Soft Drinks (12 oz)	40-60 mg	X	_____	_____
Chocolate candy bar	20 mg	X	_____	_____
<b>Over-the-counter Medications</b>				
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	_____	_____
Triaminicin	30 mg	X	_____	_____
Vanquish	33 mg	X	_____	_____
Vivarin	200 mg	X	_____	_____
<b>Prescription Medications</b>				
Cafergot	100 mg	X	_____	_____
Fiorinal	40 mg	X	_____	_____
Darvon compound	32 mg	X	_____	_____
> 250 mg a day <i>may</i> interfere with deep sleep			<b>Total mg caffeine per day</b>	_____