

Caffeine Consumption Questionnaire

| Beverages | | | 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 | _____ | _____ |
| Over-the-counter Medications | | | | |
| 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 | _____ | _____ |
| Prescription Medications | | | | |
| Cafergot | 100 mg | X | _____ | _____ |
| Fiorinal | 40 mg | X | _____ | _____ |
| Darvon compound | 32 mg | X | _____ | _____ |
| > 250 mg a day <i>may</i> interfere with deep sleep | | | Total mg caffeine per day | _____ |