

# Caffeine Consumption Questionnaire

|                                     |                    |   | Average number of<br>ounces/doses/tablets<br>per day | Average<br>total<br>per day |
|-------------------------------------|--------------------|---|------------------------------------------------------|-----------------------------|
| <b>Beverages</b>                    |                    |   |                                                      |                             |
| Coffee (6 oz.)                      | 125mg              | X | _____                                                | _____                       |
| Decaf Coffee (6 oz.)                | 5 mg               | X | _____                                                | _____                       |
| Espresso (1 oz.)                    | 50 mg              | X | _____                                                | _____                       |
| Tea (6 oz.) Green                   | 50 mg              | X | _____                                                | _____                       |
| Tea (6 oz) Black                    | 50 mg              | X | _____                                                | _____                       |
| Cocoa (6 oz.)                       | 15 mg              | X | _____                                                | _____                       |
| Energy drinks (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 | _____                                                | _____                       |
| Midol                               | 132mg              | X | _____                                                | _____                       |
| NoDoz                               | 200mg              | 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 | _____                                                | _____                       |
| <b>TOTAL MG. CAFFEINE PER DAY</b>   |                    |   |                                                      | _____                       |

\*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

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