

Food Log

Below is a food log to track what you eat and drink each day. This will help us to identify any potential areas for improvement as well as healthy eating habits to continue. Please be as honest as possible so we can create a realistic plan together! Please also be as specific as possible (i.e. instead of just “sandwich and chips”, better would be “ham sandwich on 2 slices whole wheat bread with mayo, mustard, romaine lettuce, and tomatoes, with small package of sun chips”.) Good luck on your way to better health!

Date: _____

Time	What I was doing/where	What I ate and drank	Hunger level 0-10	How I felt

What I liked that I did:

What I could improve on tomorrow: