

## Food Log

Name:	Date:
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Meal 1:	<u>Amount, Type, and Preparation Method:</u>	Why you ate? <u>How did you feel after?</u>
Time:		
Place:		
Beverages:		
Meal 2:	<u>Amount, Type, and Preparation Method:</u>	Why you ate? <u>How did you feel after?</u>
Time:		
Place:		
Beverages:		
Meal 3:	<u>Amount, Type, and Preparation Method:</u>	Why you ate? <u>How did you feel after?</u>
Time:		
Place:		
Beverages:		
Meal 4:	<u>Amount, Type, and Preparation Method:</u>	Why you ate? <u>How did you feel after?</u>
Time:		
Place:		
Beverages:		
Meal 5:	<u>Amount, Type, and Preparation Method:</u>	Why you ate? <u>How did you feel after?</u>
Time:		
Place:		
Beverages:		
Meal 6:	<u>Amount, Type, and Preparation Method:</u>	Why you ate? <u>How did you feel after?</u>
Time:		
Place:		
Beverages:		

**Notes & Comments:** Please list anything that influenced the way you ate today. Were there any special occasions (birthdays, holidays, meetings, etc.)? Did you exercise? Was it a busy day at work?