

Food Log

Instructions:

- Write down everything you eat or drink (including water & alcohol) for 4 days.
- Try to include at least 1 weekday and 1 weekend day.
- Note what time, where, and the approximate amount of foods/beverages you eat/drink.

	Time	Place	Food or Drink	Amount
<i>Example</i>	<i>8 am</i>	<i>Home</i>	<i>Cheerios w/ 1% milk</i>	<i>1 cup each</i>
	<i>12 pm</i>	<i>Subway</i>	<i>Ham & cheese sub chips lemonade</i>	<i>6" sub grab bag chips 20 oz</i>
	<i>6 pm</i>	<i>Dining hall</i>	<i>Spaghetti Salad w/ Italian dressing brownie</i>	<i>2 cups 1 cup 1 medium</i>
Day 1				
Day 2				

