

FOOD DIARY

Instructions: Try to fill out *at least 3 days or more, including at least one weekend day, with the most honest account of your current eating habits.* The more days you can record, the easier it will be to assess your dietary habits and address your concerns.

Do not attempt to change your eating patterns during this time. A food diary is an excellent way for both you and your nutritionist to assess your current eating habits and find the most sensible and beneficial areas of change.

Name: _____

Nutritionist: _____

Meal	Day 1 Date:	Day 2 Date:	Day 3 Date:	Day 4 Date:	Day 5 Date:	Day 6 Date:	Day 7 Date:
Breakfast							
Time:							
Snack							
Lunch							
Time:							
Snack							
Dinner							
Time:							
Beverages							
Relaxation							
Exercise							
Mood							