



Food Log

Date _____

(Please track food for 3 days prior to your initial visit)

Food & Drink (indicate amount consumed)	Time	Hunger Level (scale of 1-10)	Mood	Exercise (activity & amount of time)
<i>Example:</i> 1 Einstein sesame bagel w/2 Tbs. full fat cream cheese, 8 oz. 2% milk	7:00 am	1, not hungry	Anxious	Walked dog, 20 minutes