

Food Log

Fill out to the best of your ability

Day 1

Time	What you Ate (baked, fried, marinade, seasoned?)	How much (1/2c, handful, 3oz?)	Location (kitchen table, couch w/ tv, car, restaurant)	How you Felt Before/After (satisfied, stressed, hungry, guilty?)

What is your water intake for the day? _____

What other beverages did you consume? _____

Day 2

Time	What you Ate (baked, fried, marinade, seasoned?)	How much (1/2c, handful, 3oz?)	Location (kitchen table, couch w/ tv, car, restaurant)	How you Felt Before/After (satisfied, stressed, hungry, guilty?)

What is your water intake for the day? _____

What other beverages did you consume? _____

Day 3

Time	What you Ate (baked, fried, marinade, seasoned?)	How much (1/2c, handful, 3oz?)	Location (kitchen table, couch w/ tv, car, restaurant)	How you Felt Before/After (satisfied, stressed, hungry, guilty?)

What is your water intake for the day? _____

What other beverages did you consume? _____

One Day on the Weekend

Time	What you Ate (baked, fried, marinade, seasoned?)	How much (1/2c, handful, 3oz?)	Location (kitchen table, couch w/ tv, car, restaurant)	How you Felt Before/After (satisfied, stressed, hungry, guilty?)

What is your water intake for the day? _____

What other beverages did you consume? _____