



Food & Beverage Diary for week of _____

Please log all your food and beverage consumed for a weekday, and a weekend. Bring the completed log to your next appointment.

Weekday Foods Consumed	Weekend Foods Consumed
<u>Breakfast</u>	
<u>Snack</u>	
<u>Lunch</u>	
<u>Snack</u>	
<u>Dinner</u>	
<u>Snack</u>	