

Name: _____

Daily Food Log

Instructions:

Use this log to keep track of everything that you eat and drink throughout the day. Be sure to indicate the amount of food eaten, how the food was prepared, and a brand name if possible. Use a new sheet for each day.

Date: _____

Time	Food/Drink	Description (brand, preparation method)	Amount Eaten (cups, slices, ounces)	Location (home, car, people eating with you)