Food Log

Record everything you eat and drink. Try to be accurate with the time and the location you are eating your food. Use the food label or a food list index to fill in the food information columns. Record how you were feeling ex. Stressed or worried and why you ate ex. Hungry or bored. Each water bubble equals 8 oz. Use the bottom to record any information you think may be important for the day.

Client_____ Date_____

Food	Time	Location	Feelings/Why	Calories	Fat	Protein	Carbs

Water: O O O O O O O O

Notes: