

Daily Food Journal

Client Instructions



Getting Started:

Print seven copies of the Daily Food Journal. Write the date at the top of each page. Use the Daily Food Journal to track your beverage consumption and eating habits for a minimum of one week.

- 1) Write down the time of each meal and snack.
- 2) Before you begin your meal, write down how you are feeling and what your energy level is.
- 3) Record the type and amount of food and liquid you consume at each meal. Write down *anything* you consume. If it passes your lips, write it down!
- 4) Approximately 15 - 30 minutes after your meal, write down how you are feeling and what your energy level is.
- 5) If you take daily supplements, please indicate which ones you took at the bottom of each page.
- 6) If you have any allergies or sensitivities that you are aware of please mark these at the bottom of each page as well.

Helpful Hints:

Don't Wait:

Write down what you are eating and drinking immediately. Do not wait until the end of the day to fill in your Daily Food Journal.

Be Specific:

Be as detailed as you possibly can. For example, if you cook at home indicate what type of fat/oil you used to cook your meal in. Or, if you have a glass of water, how many ounces did you drink?

Be Honest:

Do not change your eating habits while you are keeping your food journal.