

Print out or copy into Word. Completing at least 3 days of food logging prior to your appointment will help us with making the best actionable plan for you.

No need to make changes to your habits during this food-logging exercise, an honest and thorough log will help us identify the best next step!

Also, feel free to write out your physical activity routine over these days so we can use that info in our assessment/plan.

Time	Food/Beverage & Approximate Portion Size	Hunger Before (Scale of 1-10)	Fullness After (Scale of 1-10)	Satisfied?	Details: (Emotions/Reason for food choice/Where/With Who/Any Symptoms or reactions?)

Notes:

