



PERSONAL TRAINING : LIVE BETTER, FASTER  
"If you eat good, you feel good. If you feel good, you'll do good things." Janine Bolton

# Daily Food Log

What did you eat today?

/ /	Food Eaten	Portion Size (g)
Breakfast Time _____		>
		>
Morning Snack Time _____		>
		>
Lunch Time _____		>
		>
Afternoon Snack Time _____		>
		>
Dinner Time _____		>
		>
Evening Snack Time _____		>
		>
Fluids	Water, Juice ○○○○○○○○○○○○ Coffee/Tea ○○○○○○ Alcohol ○○○○○○	>
		>

## Food Record Instructions

In order to assist you in meeting your nutritional goals or conduct an analysis, it is important to understand your current eating patterns. On the following pages, please write down everything you eat and drink for 3 consecutive days. Try to pick 3 days that are somewhat typical of the way you normally eat. Do not try to change your eating habits during the days of record keeping.

Please remember to include WHAT, WHEN and HOW MUCH you ate.

Also:

1. Record what you have eaten as soon as possible after meals/snacks. This makes it much easier to remember what and how much you ate accurately.
2. Be as specific as possible. Remember to specify the following, if possible:
  - **Preparation method.** How the food was cooked: Was it fresh, frozen or canned? Was it baked, fried, steamed, grilled or boiled? If you prepare a mix or soup, did you add water or milk?
  - **Canned foods.** If you had a canned product, was it packed in water, oil, juice or syrup?
  - **Brand names.** Please include all brand names of food items when possible.
  - **Portion Size:** Indicate how much you had of each food item using standardized measures (ie: cups, teaspoons, tablespoons). Avoid terms such as “one bowl” or “a handful” when possible.
  - **Condiments.** Indicate what was added to foods and how much was added. Include mustard, ketchup, mayo, cream, sugar, steak sauce, jam, jelly, soy sauce, salsa and peanut butter.
  - **Restaurants.** If you eat out, please include the restaurant name, menu item and beverages.
  - **Other details.** If you had bread, please note if it was whole wheat, white, multigrain, etc. Was your milk skim, whole, 1% or 2%? Was your coffee decaffeinated, sweetened?

If the food record is incomplete, you may be called or emailed for more information.