FOOD DIARY

PROJECT/EVENT	FOOD DIARY LOGGING SHEET

Studies have shown that keeping track of what you eat for even 1 day can help you make changes in your diet. **Make it a habit and try this for a month!**

In this space, indicate the amount of the particular food item you ate. Estimate the size (2" x 1" x 1"), the volume (1/2 cup), the weight (2 ounces) and/or the number of items (12) of that type of food.

FOOD/ DRINK CONSUMED	HOW MUCH?	TIME & PLACE	ALONE OR WITH WHOM?	ACTIVITY	MOOD