

Food Log

List all foods and beverages that you consumed today. For each entry, include the amount consumed as well as the time and place. Use the comments section to write additional information, such as how you felt or how the overall day went.

Time	Place	Food/Beverage	Amount
Water (Check one box for each 8 ounce glass of water consumed)			
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
Comments:			