

## Food and Beverage Log

Use this Log to record everything that you eat in a typical day. Be sure to include amount and prep method. For example: 4 oz baked chicken, 2 cups broccoli w. 1tbsp butter, 14 almonds. Be as specific as you can be. Also make note of how you feel before and after eating. Be sure to include snacks and beverages. Add a little note where your workout is in your typical day.

Time: \_\_\_\_\_

Food: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Time: \_\_\_\_\_

Food: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Time: \_\_\_\_\_

Food: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Time: \_\_\_\_\_

Food: \_\_\_\_\_  
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Time: \_\_\_\_\_

Food: \_\_\_\_\_  
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