

FitNuts Food Log

Track your food for 14 days then complete the [assessment](#) to earn 10 Nutrition Points.



Participant Name

Email Address

Date

Date	Time	Food/Drink	Serving Size (cups, ounces, tsp/TBS etc.)	Hunger Level (1-5) 1=not at all hungry 5= very hungry	Calories (Optional)	Protein (Optional)	Carbs (Optional)	Thoughts/Mood	Location

Other logs accepted. When complete, submit with the assessment at www.manateeyourchoice.com/food-log-assessment or via email to fitnuts@manateeyourchoice.com.

