

## *7 Day Food Log*

Please complete this 7 day food log. Be as detailed as possible. Remember, list anything that you take into your body through your mouth. This includes all food, drinks, pills, and liquids. If you can, include the amounts and time of day of ingestion. The more detailed you make this, the more effective it will be. You can use additional sheets if necessary.

Day 1	Day 2
Early Morning	Early Morning
Noon	Noon
Evening	Evening
Late night (after 8pm )	Late night (after 8pm )
Day 3	
Early Morning	Evening
Noon	Late night (after 8pm )