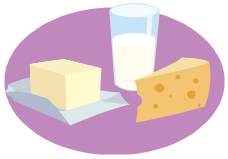

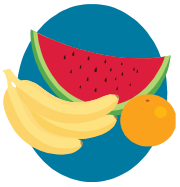

Please record *everything* you eat or drink for at least three days prior to your appointment. You do not have to measure foods (unless you want), but do try to record roughly how much you ate. Example: 2 slices of toast plus 1 TBSP peanut butter (or even 1 big scoop peanut butter would work). We will use this log to help identify areas that can be improved as well as areas you are doing well.

Date/Time	What you had	How much

Date/Time	What you had	How much