

# FOOD LOG DIRECTIONS



Each Sheet is made to cover one day of the week. At minimum, please fill out 3 – 4 days worth of food logs for your next nutritional meeting and/or biosig. Be as specific as possible.

**DOW:** Day of the Week

**Exercise:** Should be filled out in Cardio Log

**Vitamins:** Any supplement you took during the day should be recorded

**Meal #1-6:** These should be any time you ate anything during the day. It can be coffee, meat, juice, eggs, soup, salad with chicken, etc. EVERYTHING you ate/drank should be written down.

**Time:** What time of day was your meal?

**Where did you eat:** Were you at your desk? Sat down at a table at a restaurant? Had your coffee on the train to work?

**Middle column:** We would like you to fill these options out to the best of your ability. If you have questions, feel free to ask!

**How are you feeling?** This should be an honest assessment of how you are feeling mentally and/or physically around the time you are eating.

The example provided by Zach is to show you HOW you should fill out your food log, not WHAT to fill in. Please be as honest and specific as possible so we can give you the best recommendations to help you reach your goals.