

**Daily Food Intake Log**

Name: \_\_\_\_\_ Day: \_\_\_\_\_

<i>Time</i>	<i>Item description and amount</i>	<i>Location</i>
6:00 am - 11:00 am		
11:00 am - 3:00 pm		
3:00 pm - 6:00 pm		
6:00 pm - 11:00 pm		
11:00 pm - 6:00 am		

1. Remember to describe your food as accurately as possible. Include brand names, weights and serving sizes whenever possible.
2. When describing home-cooked food, list ingredients.