

# 24-HOUR FOOD LOG

Tracking food intake is a powerful tool to understand your eating habits by creating awareness of what, when, and how much you eat. Keeping a food record ensures you meet nutritional needs, manage portion sizes, and stay aligned with your health goals.

MEAL TIME	FOOD/BEVERAGES	AMOUNT (IE: CUP, SLICE)	MEAL TYPE (CIRCLE ONE)	NOTES: ENERGY, MOOD, DIGESTIVE ISSUES
Breakfast			HOME-COOKED PURCHASED/ RECEIVED	
Snack			HOME-COOKED PURCHASED/ RECEIVED	
Lunch			HOME-COOKED PURCHASED/ RECEIVED	
Snack			HOME-COOKED PURCHASED/ RECEIVED	
Dinner			HOME-COOKED PURCHASED/ RECEIVED	
Snack			HOME-COOKED PURCHASED/ RECEIVED	

## SMART Goal:

My nutrition goal:

## Health Patterns:

What patterns do I notice in my food intake today?

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