Food Diary: Day #1
Please include 2 weekdays and 2 weekend-days
Place With whom? What did
you eat? Date: How did you feel after eating? What did you drink? Why did you eat? Time of day Amount How it was (cups, tbsp, #of prepared pieces (boiled, fried, BBQ, steamed)

Food Diary: Day #2
Please include 2 weekdays and 2 weekend-days
---- Place With whom? What did you eat? Date: How did you feel after eating? What did you drink? Why did you eat? Time of day Amount How it was (cups, tbsp, #of prepared pieces (boiled, fried, BBQ, steamed)

Food Diary: Day #3
Please include 2 weekdays and 2 weekend-days
Place With whom? What did
you eat? Date: How did you feel after eating? What did you drink? Why did you eat? Time of day Amount How it was (cups, tbsp, #of prepared pieces (boiled, fried, BBQ, steamed)

Food Diary: Day #4
Please include 2 weekdays and 2 weekend-days
Place With whom? What did
you eat? Date: How did you feel after eating? What did you drink? Why did you eat? Time of day Amount How it was (cups, tbsp, #of prepared pieces (boiled, fried, BBQ, steamed)