

# DAILY FOOD LOG

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

Date: \_\_\_\_\_

	Food/Beverage	Protein (g)	Carb (g)	Hunger scale 1-10 (1=not hungry;10=extremely)
<b>Breakfast</b>	_____ _____			
<b>Lunch</b>	_____ _____			
<b>Dinner</b>	_____ _____			
<b>Snacks</b>	_____ _____			

8oz WATER 

Activity: \_\_\_\_\_ Minutes: \_\_\_\_\_



