

Form 4.1
Regular Eating Food Log

This is a format for keeping a food log on a daily basis. You should fill out one for each day. It is important NOT to record calories. Although your mind may have habits, it is important to stop writing down calories and start writing down other information, with the goal of eventually eating three meals and two or three snacks without eating between. Your nutrition team may have other goals and techniques as well. Please share this with them.

Time	Foods	Place	B?	CB?	Emotions, Thoughts, Physical Sensations