

## Daily Food and Activity Log

Patient name \_\_\_\_\_

Meals → Day/Date	Breakfast	Snack	Lunch	Snack	Dinner	Protein	Steps
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Did you have 3 small meals and 2 smart snacks if needed? \_\_\_\_\_

Did you have any **Bread/Rice/Potato/Pasta/Sweets** today? \_\_\_\_\_

What triggered these choices? \_\_\_\_\_

Did you have any food get "stuck" today? \_\_\_\_\_

Was it: Too much? Too fast? Too dry?

Daily protein: 60-80 gm

Daily Step goal: 10,000

Sip, Sip, Sip and Chew, Chew, Chew!!