

## Food record

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

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

### Instructions for completing food record:

Please share what a normal day of eating looks like for you.

Write down everything you eat or drink and include an estimate of your portions (example: 2 cups cooked rice, 1 apple, half a plate of vegetables).

Also write down the typical timing of your meals and snacks (example: 8AM, noon, etc.).

If you have trouble remembering, think of what you ate yesterday.

Time of day	Example of typical meals and snacks
	Breakfast:
	Snack:
	Lunch:
	Snack:
	Dinner:
	Snack:
<b>Comments</b>	

On a scale from 1 to 10, how would you rate your eating habits (10 is the best, 1 is the worst)?

1 Worst    2            3            4            5            6            7            8            9            10 Best

What is one thing about your diet you could change to improve it by 1 point?