

Hour Food Intake Log

Please record all food and beverages (including alcohol and water) consumed for 24 hours. Include any supplements taken throughout the day- and list them. Complete as accurately as possible. Record foods as soon after eating as possible- do not trust your memory. **Lisa will assist you after your first 3 days of food journaling!*
YAY YOU!

	Time of Day	Food Name Include brand or restaurant in the title	Amount Ounces Cups	Fresh, Frozen, Canned?	Preparation Fried, baked, raw, broiled, grilled?	Beverages
BREAKFAST (MEAL 1)						
SNACK (MEAL 2)						
LUNCH (MEAL 3)						
SNACK (MEAL 4)						
DINNER (MEAL 5)						
SNACK (MEAL 6)						

