





## Nutrition Log Form

It is recommended that you record your food intake for three consecutive days, including one weekend day. For each “DAY” record all food eaten in a 24-hour period, including snacks, and also include the amount eaten. You can then visit the website listed below to get a calorie count for each day.

<b>MEALS</b>	<b>DAY 1</b> (list food and amount)	<b>DAY 2</b> (list food and amount)	<b>DAY 3</b> (list food and amount)
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
<b>TOTAL</b>			

**You can use the nutrition analysis tool at <http://nat.crgq.com/> - to get a daily calorie count.**