TEMPLATE I

Food Log

Use with Chapters 2, 3, and 13. Write down what you see, not a judgment. Bring it to appointments. If a clinician asks you to track something else (for example, weight), add a column for it in their words.

Date	Meals and snacks eaten (approximate)	Skipped or left over	Appetite (good / fair / poor)	Anything you noticed at meals	Notes for the clinician