24-Hour Food Log

***Please have this 24-hour food log completed before your scheduled appointment time. This 24 hour time period should represent your typical daily eating and drinking lifestyle. Don't forget to add any supplement or vitamin usage.

Day:

Time	Food/Drink	Serving Size	Condiments/ Additional Information
Ex. 8:00 am	Oatmeal	1.5 cups	honey, cinnamon

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Ex. 8:00 am	Oatmeal	1.5 cups	honey, cinnamon
Classes of Watory			

Glasses of Water: