Three-Day Food Journal

Name:

Why do a food journal?
Food journals are great tools for helping both you and your dietitian see **trends in your diet**: what foods you eat, how much you eat, and how often. While all these are essential for figuring out what changes need to be made, the most important aspect of the journal is noting how you felt when you were eating and why you ate. Oftentimes these **emotions and motives behind eating** are the keys for making and sustaining lifestyle changes.

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Please fill this journal out to the best of your ability! While you are welcome to record whichever days you like, it may be more helpful to have two weekday entries and one from the weekend. Also feel free to include more than three days!

Please email your completed journal to Alexis, MPD, RD, LDN, PRIOR to your appointment: alexis@nutritionrx.com

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Day/Date:					
Time	Food/Beverage Consumed	How much?	Where you ate (Table, in front of TV, desk, etc)	Why you ate (hungry, bored, etc)	How you felt after eating

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