

A.E. FINLEY YMCA NUTRITION CONSULTATION FOOD LOG

RECORD ALL FOOD AND FLUIDS CONSUMED IN A TYPICAL DAY

MEAL	TIME OF DAY	FOOD	QUANTITY
BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			
SNACK			

WHAT TIME DO YOU WAKE UP IN TYPICAL DAY?

WHAT TIME DO YOU GO TO BED IN TYPICAL DAY?