

# healthy by Design

*In an effort to better serve you, please record a minimum of 2 days of food recorded prior to your first nutrition session. It is important to write down everything you eat and drink, to include all meals, snacks and water. If you prefer, you can also keep your food recorded in a smart phone application such as MyFitnessPal.*

Food Diary For:

Date:

	Time	Item	Mood/Notes
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Supplements:			