

# FOOD LOG

## instructions

WELCOME TO THE 3-DAY FOOD LOG!

THE BEST WAY TO DETERMINE IF YOU ARE EATING THE RIGHT AMOUNTS AND/OR THE RIGHT FOODS IS TO TRACK YOUR EATING HABITS FOR A FEW DAYS USING A FOOD LOG! FOR THIS TO WORK, YOU HAVE TO BE HONEST WITH YOURSELF. TRY TO EAT THE SAME TYPES OF FOODS, NUMBER OF MEALS AND SNACKS, AND AROUND THE SAME TIMES THAT YOU NORMALLY WOULD.

- YOU ONLY NEED TO TRACK FOODS WITH CALORIES - SO WATER, BLACK COFFEE, OR TEA MADE ONLY WITH WATER + TEA BAGS ARE FREE GAME! BUT, WE DO RECOMMEND NOTING THE TIMES YOU NORMALLY DRINK ANY CAFFEINATED BEVERAGES SO THAT YOU CAN LOOK AT YOUR OVERALL HABITS.
  - ALSO, COFFEE WORKS AS AN APPETITE SUPPRESSANT AND CAN INFLUENCE YOUR OVERALL FEELINGS OF HUNGER OR MOODS AROUND FOOD AND EATING, SO CONSUMPTION IS IMPORTANT TO NOTE.
- AIM TO TRACK OVER 3 DAYS - PREFERABLY, 2 WORKING DAYS AND 1 NON-WORKING DAY - TO GET AN IDEA OF YOUR USUAL WEEKLY HABITS.
- THIS CAN BE A BIT TEDIOUS OR TIME CONSUMING, BUT IT'S ONLY FOR 3 DAYS SO PLEASE BE AS DETAILED AS YOU CAN!

THE NEXT PAGE INCLUDES A SAMPLE ENTRY WITH DETAILS ON HOW TO FILL OUT YOUR LOG. PLEASE REMEMBER TO LOG EACH DAY ON A SEPARATE PAGE AND INCLUDE EVERY ITEM YOU EAT OR DRINK!

DON'T FORGET TO RECONNECT WITH US AT [WWW.THEFITCULT.COM](http://WWW.THEFITCULT.COM) OR ON INSTAGRAM @THE\_FITNESSCULT ONCE YOUR FOOD LOG IS FILLED OUT TO ASSESS NEXT STEPS!

SEE YOU SOON AND, UNTIL THEN, HAPPY EATING!

MUCH LOVE,  
*Kailey*  
THE FITNESS CULT

# FOOD LOG

sample

MEAL	FOOD YOU ATE	TIME & PLACE	HUNGER & MOOD: BEFORE	HUNGER & MOOD: AFTER
BREAKFAST	enter what you ate; ex: bagel with cream cheese, 8oz coffee with milk and sweetener, and banana try to be detailed so that we can estimate the amount of calories later!	7:25am - in the car during school drop-off	how did you feel before you ate? ex: rushed, tired, hungry	how did you feel after you ate? ex: more alert/awake, full
SNACK	repeat for everything you eat - if you don't have a snack/meal, simply leave that entry blank. If you normally have that snack/meal but had to skip it that day, make a note of that and why			
LUNCH	if you need space for extra snacks, write them on the back - just make sure to record everything you eat + drink!			
SNACK				
DINNER				
SNACK				

# FOOD LOG

Day 1

MEAL	FOOD YOU ATE	TIME & PLACE	HUNGER & MOOD: BEFORE	HUNGER & MOOD: AFTER
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				

# FOOD LOG

Day 2

MEAL	FOOD YOU ATE	TIME & PLACE	HUNGER & MOOD: BEFORE	HUNGER & MOOD: AFTER
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				

# FOOD LOG

Day 3

MEAL	FOOD YOU ATE	TIME & PLACE	HUNGER & MOOD: BEFORE	HUNGER & MOOD: AFTER
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				