

Print out or copy into Word. Completing at least 3 days of food logging prior to your appointment will help us with making the best actionable plan for you.

No need to make changes to your habits during this food-logging exercise, an honest and thorough log will help us identify the best next step!

Time	Food/Beverage & Approximate Portion Size	Hunger Before (Scale of 1-10)	Fullness After (Scale of 1-10)	Satisfied?	Details: (Emotions/Reason for food choice/Where/With
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