LINDA FARR RD/LD **FOOD DIARY** **DATE:____________________________________**

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USE THIS FOOD DIARY TO RECORD EVERYTHING YOU EAT AND DRINK FOR THREE DAYS. FILL OUT ONE PAGE PER DAY. MAKE SURE YOU ARE TOTALLY HONEST WITH YOUR DOCUMENTAION. THIS SELF-MONITORING TOOL WILL BE AN IMPORTANT KEY TO UNDERSTANDING WHAT HABITS AND BARRIERS YOU MUST OVERCOME FOR SUCCESSFUL DIET CHANGES.

TIME OF DAY	EATING LOCATION (home, at desk, car)	FOOD and HOW PREPARED (baked, fried, sauce, grilled)	ESTIMATE OF AMOUNT EATEN (cups, oz, tablespoons, bottles, cans)