Dietary Log Sheet

Day	Time of Day	Meal Type*	Food	Amount eaten**	Why did you eat at this time***

* B=Breakfast, L=Lunch, D=Dinner, S=Snack

**Amount can be recorded either in number eaten (e.g., place 4 in the box if you ate 4 bananas), serving size (e.g., place 2 in the box if you ate 2 servings of Special K cereal), cups (e.g., place ½ cup in the box if you at ½ cups of cooked carrots), ounces (e.g., place 8 oz. in the box if you had an 8 oz. of grape juice), or pounds (e.g., place 1 lb. in the box if you had a 16 oz. (i.e., one pound) steak).

*** Ha=Habit, HU=when hungry, T=it was when I had time to eat, S=social event so I ate, O=other (provide an explanation)