

Nutritional Assessment: Food Diary

Client:

Please write down all the foods and drinks you consume over the next 7 days. Please include as much information as possible including quantities eaten and whether the food is fresh or packaged, refined or natural.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Dinner							
Drinks							
Snacks							
Exercise: Type, Duration & Intensity							