

# Changewater Wellness Center

## Food Diary

It is important to fill out this food diary accurately and completely. Don't be tempted to alter your normal diet just because you are keeping a food diary. This diary should be a true reflection of what you usually eat, not what you think you should be eating. Write down everything you actually eat, including snacks, drinks, and when meals were eaten. Bring this diary with you to your first appointment, or return it via email.

### Day 1

	Time	
Breakfast		
Lunch		
Dinner		
Snacks		

### Day 2

	Time	
Breakfast		
Lunch		
Dinner		
Snacks		

**Day 3**

	Time	
Breakfast		
Lunch		
Dinner		
Snacks		

**Day 4**

	Time	
Breakfast		
Lunch		
Dinner		
Snacks		

Approximately how much water do you drink each day? \_\_\_\_\_ ounces.