



# Healthy Family Formula

INFORMED. SUPPORTED. EMPOWERED.

*Never be alone in your health journey, again.*

[healthyfamilyformula.com](http://healthyfamilyformula.com)

## Food Diary (print one page for each day for 5 days)

**Name:** \_\_\_\_\_

**Day:** \_\_\_\_\_ (1, 2, 3, 4, or 5)

**Date:** \_\_\_\_\_

<b>Time of Day</b> (Insert time)	<b>What I Ate</b> (include meals and snacks as well as beverages)	<b>Why I Ate It</b> (hungry, raise energy level, tasted good, filled a craving, was upset, etc.)	<b>How I felt After I Ate</b> (physically, mentally, and/or emotionally; also pay attention to symptoms that occur up to a few days later)
Breakfast			
Snack			
Lunch			
Snack			
Supper			
Snack			
Other/Extra			

