

## Nutrient Study Food Log

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: oatmeal  Snack: smoothie  Lunch: Turkey sandwich  Dinner: Taco salad  Snack: Apple +peanut butter							
Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes
-I felt full -I went on a 30 min walk							Weekly Questionnaire Due

Remember to record pulse and blood pressure morning and night one day each week

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: oatmeal  Snack: smoothie  Lunch: Turkey sandwich  Dinner: Taco salad  Snack: Apple +peanut butter							
Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes
-I felt full -I went on a 30 min walk							Weekly Questionnaire Due

Remember to record pulse and blood pressure morning and night one day each week

## Nutrient Study Food Log

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: oatmeal  Snack: smoothie  Lunch: Turkey sandwich  Dinner: Taco salad  Snack: Apple +peanut butter							
Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes
-I felt full -I went on a 30 min walk							Weekly Questionnaire Due

Remember to record pulse and blood pressure morning and night one day each week

## Nutrient Study Food Log

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: oatmeal  Snack: smoothie  Lunch: Turkey sandwich  Dinner: Taco salad  Snack: Apple +peanut butter							
Notes	Notes	Notes	Notes	Notes	Notes	Notes	Notes
-I felt full -I went on a 30 min walk							Weekly Questionnaire Due

Remember to record pulse and blood pressure morning and night one day each week