

January 2021

Keeping a Food Diary

Let's focus on nutrition! Each day, keep a food diary/log of all things consumed per day (food AND drinks).

Every bite matters, so record what you are eating each day to see areas for improvement or where you are doing well.

- Record everything you eat or drink
- Write down the items and you can also write down calories (if you want)
- Methods for recording: Use any format you feel comfortable with (tracking on your phone, an app, pen and paper, etc)
- **Give yourself 1 point per day a food diary is complete**