

Name:

Date:

## 24 Hour Food Log

Try to keep this log as SIMPLE and HONEST as possible. It's as easy as recording whatever food and beverage you consume over a 24 hour period. Also, highlight or circle the times you wake up and go to bed.

5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	
10pm	
11pm	
12am	