

# Back In Action Chiropractic

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## Weekly Dietary Log

NAME \_\_\_\_\_ DATE \_\_\_\_\_

### **Instructions**

Keep a log for seven days of your dietary intake. Please be as accurate as possible, and eat like you typically do! Do not be “good” just because you are keeping a log. You do not have to be precise about amount – simply what foods you eat and the general idea of amount. (e.g. “Broccoli, ¼ size of a dinner plate”) Write down daily snacks next the the mean time – for example, if you had a morning snack write that snack and the time of day (if you remember it) under the “Breakfast” section.

### **Monday**

#### **Breakfast**

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#### **Lunch**

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#### **Dinner**

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**Tuesday**  
**Breakfast**

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**Lunch**

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**Dinner**

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**Wednesday**  
**Breakfast**

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**Lunch**

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**Dinner**

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**Thursday**

**Breakfast**

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**Lunch**

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**Dinner**

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**Friday**

**Breakfast**

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**Lunch**

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**Dinner**

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**Saturday**

**Breakfast**

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**Lunch**

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**Dinner**

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**Sunday**

**Breakfast**

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**Lunch**

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**Dinner**

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