

# Back In Action Chiropractic

20416 Bowfonds St, Ashburn, VA 20147

Office: 703-858-3575

Fax: 703-858-3876

Cell: 703-673-6333

<http://www.back-n-action.com/>

## Weekly Dietary Log

NAME \_\_\_\_\_

### 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 in 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 \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

### Tuesday

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_

### Wednesday

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_



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## Thursday

Breakfast

Lunch

Dinner

## Friday

Breakfast

Lunch

Dinner

## Saturday

Breakfast

Lunch

Dinner

## Sunday

Breakfast

Lunch

Dinner

