

Pt. Name _____

Food Journal

Write down what your child eats for meals in snacks with as much detail as possible. Don't forget to use your phone to take pictures of all possible meals. Record any physical activity on the last row. Email the journal and photos to your pediatrician before your follow up visit.



	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Activity					



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