LESSON 14 SUPPLEMENT—24 HOUR FOOD LOG

DIRECTIONS:

1. Write down the name and amount of each food you consume during the 24-hour period.
2. For each meal or snack eaten during the 24-hour period write down if you ate alone or with whom you ate.
3. For each meal or snack eaten during the 24-hour period write down how you felt during the time you were eating.
4. At the bottom of the food log, write down ONE THING you learned from doing the food log.

Name _____

Time	Name of Food	Amount	Alone? *yes/no*	Not Alone? *with whom*	How I Felt at the Time

From Day _____ **Hour** _____ **to Day** _____ **Hour** _____

What I learned from the 24 Food Log is:_____

_____

Tennessee Pediatric Society Foundation