

Step 5 Worksheet: Nutrition Log

Date: _____
 Time to Sleep: _____
 Time Awake: _____
 Total Sleep Time: _____

Breakfast	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Morning Snack	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Lunch	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Afternoon Snack	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Lunch	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Evening Snack	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Notes: Preparation - toasted, grilled, fried, etc.
 Portion/Size - 1/2 cup, 1 slice, 4 oz., 1 tbl.
 Hunger scale - 1 to 5, with 5 being hungriest