



Typical Nutritional Intake Worksheet

Instructions

In your own words, describe a normal day of eating/drinking for you, beginning with when you wake up through the hours accounted for sleep. In addition to providing your consumption details, include any explanation on why you chose to eat at the given time periods (if applicable). Use back of this form if you have additional notes to add.

TIME OF DAY	FOOD DESCRIPTION
Early Morning	
Morning	
Noon	
Afternoon	
Evening	
Late Evening	
Bedtime (Sleeping Hours)	

ADDITIONAL NOTES

