True Fortune Acupuncture

Weekly Food Diary

Please keep a record of what you eat and drink at each meal, and what time you eat it. You can record portion sizes with the notation -/+/++. In the health section make a record of how you are feeling, and any health problems you need to track (such as stomach pain, headaches, low energy). You can score these health problems on a scale from 1 to 10. Fill out one of these sections for each day of the week and bring the completed form with you to your next appointment.

This is an exercise in understanding what you are eating and any effect it might be having on your health. There is no testing and no judgement involved in this exercise. Pleaser just eat as you would normally and make a brief note so that we can look for any patterns that might emerge.

Breakfast (& time):	Lunch (& time):
Dinner (& time):	Snacks & Drinks (& time):
Health:	
Other Info:	

Breakfast (& time):	Lunch (& time):
Dinner (& time):	Snacks & Drinks (& time):
Health:	
Other Info:	

Breakfast (& time):	Lunch (& time):
Dinner (& time):	Snacks & Drinks (& time):
Health:	
Other Info:	

Breakfast (& time):	Lunch (& time):
Dinner (& time):	Snacks & Drinks (& time):
Health:	
Other Info:	

Breakfast (& time):	Lunch (& time):
Dinner (& time):	Snacks & Drinks (& time):
Health:	
Other Info:	

Breakfast (& time):	Lunch (& time):
Dinner (& time):	Snacks & Drinks (& time):
Health:	
Other Info:	

Breakfast (& time):	Lunch (& time):
Dinner (& time):	Snacks & Drinks (& time):
Health:	
Other Info:	