

Client Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Number of Days to Log	** please include 2 weekend days **
Special instructions	

**How to Fill Out This Food and Activity Log**

Record everything you eat or drink in the provided spaces.

Record any physical activity you perform on each day and the amount of time you spent on it.

Make notes about anything you're recording, or jot down questions so you don't forget to ask the nutritionist when you meet again.

Make sure to include the amount of each food item that you ate: if you do not include the quantity of food you ate, we cannot accurately gauge your caloric intake. • If you do not know the quantity, try to describe to the best of your ability the size or volume of the food or drink.

Use these general guidelines to help you decide the quantity of food you ate:

- 3 ounces of meat is about the size and thickness of a deck of playing cards.
- A "medium" apple or peach is about the size of a tennis ball.
- 1 ounce is about the size of 4 stacked dice.
- 1 cup of ice cream is about the size of a tennis ball.
- 1 cup of mashed potatoes or broccoli is about the size of your fist.
- 1 teaspoon of butter or peanut butter is about the size of your thumb.

*Remember:*

- Liquids must be recorded—juice, milk, soda, coffees, teas, and alcoholic beverages. If you add sugar or milk to your beverage, make sure to record how much you added.
- Dressings, condiments, and sauces are also food. If you use dressing on your salad, make sure to record the quantity, and if you know the brand, please include it. Do the same with condiments and dipping sauces.

Food/Activity Log Example:

food item	quantity	preparation	notes/questions
ie. ham sandwich	1	home made	typical lunch
ham	3 oz	pre-packaged deli meat	
American cheese	1 slice	Kraft	sometimes use cheddar
mayonnaise	1 Tbsp	Duke's	
iceberg lettuce	2 large leaves	bagged	sometimes use spinach
white bread	2 slices	Food Lion brand	should I be eating whole wheat?

physical activity	amount of time
kickboxing (heavy bag, push-ups, jump rope, squats, etc)	30 minutes
walked (shopping at the mall)	2 hours

*Thank you for your interest in Nutritional Therapy at Advanced Spinal Fitness; we look forward to creating your personalized nutrition program and getting you on your way to maximum health.*

## If You Are Doing Nutritional Programming

**Computer Input Instructions:** Go to [www.fitday.com](http://www.fitday.com) . Create yourself an account using a name and password that you're ok to give to me. Fill out your profile. Go to the calendar, select the days you logged and begin to input your food using their search function. If you can't find the exact food, break it down into parts. For example: A ham sandwich would be 2 pieces of bread, 1 Tbsp mayonnaise, 1 piece of American cheese, 3 oz of ham, 2 slices of tomato, and 1 large leaf of red leaf lettuce.

**Turn-In Instructions:** Please drop this form off at Advanced Spinal Fitness, mail, e-mail, or fax it to our office. Once received by Dr. Serena, she will contact you to confirm your selection and give you an estimate on length of time before completion. Once your personalized report is completed, our office staff will contact you to set up your pick-up consult where Dr. Serena will go over in detail the contents of your report and address any questions you may have.

**Nutritional Report Selection:**  The Boost  The ReVamp  The Overhaul 7-Day  The Overhaul 14-Day

**Fitday.com login:** Username: \_\_\_\_\_ Password: \_\_\_\_\_

**Preferred Method of Contact:**

phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  e-mail: \_\_\_\_\_

