

# APPENDIX: THE FORMS

Use the following forms to track your progress. You can photocopy the forms or download them from [www.thehollywoodtrainer.com](http://www.thehollywoodtrainer.com).

## FORM 7: DAILY FOOD LOG

The following chart should be used to record breakfast, lunch, dinner, and snacks, as well as the nutritional content and value of each food you eat. This form can be photocopied or downloaded from [www.thehollywoodtrainer.com](http://www.thehollywoodtrainer.com).

Every day, you will want to keep the following questions in mind. The more mindful you are of your food intake, the more successful you will be.

How many times did I eat today?

Did I eat within my daily calorie allotment? If not, what could I have done to decrease the amount of calories I consumed?

Did I consume any food item(s) that contained omega-3 essential fatty acids?

How many grams of fiber and how many grams of sugar did I consume today?

Did I eat my daily recommended amount of protein based on my ideal weight?

How many fresh fruits and vegetables did I eat today?

What are some changes, if any, I can make to improve the quality of food that I eat today?