

# Weekly Food Log: Email your completed log to [cwmp@queens.org](mailto:cwmp@queens.org)

**Instructions:** Please track your diet for one week before your initial appointment with the dietitian. Include details like your food and drink choices, time eaten, portions, and how food was prepared.

COMPREHENSIVE WEIGHT  
MANAGEMENT PROGRAM



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							