

Inside Out Weight Loss Program

Initial Evaluation Form—Nutrition Wellness

Please Complete this food diary for the past few days (Include Condiments, Creamers, Added Sugars, etc.)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast						
Snack						
Lunch						
Snack						
Dinner						
Desserts						
Beverages						

Complete as much as you can

