

Food Log

Use this log to record all foods eaten and all physical activity.

- Post surgical calorie goals will be 800-1000 calories/day (1,500-2,000 calories per day before surgery) and protein needs will be 60-80 grams.
- Activity goals 30-60 minutes of cardiovascular activity 5-7 times per week.

Date: _____

Meal	Food/amount	Calories	Protein (g)
Example	<i>Oatmeal – 1 cup</i>	<i>100</i>	<i>3</i>
	<i>Milk – ½ cup</i>	<i>90</i>	<i>8</i>
	<i>Banana – 1</i>	<i>80</i>	<i>1</i>
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
TOTAL			
Daily exercise	<i>45 minutes walking 15 minutes strength training</i>		