



The Light Point Healing Center
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Diet Log

Please write down what you eat and drink for three days. This includes juice, coffee, and alcohol. Include all snacks. ALSO, please indicate a rating for your mood each day. Use a 1-10 scale, with 1 being very depressed or distressed and 10 being feelings of euphoria. If you're attempting to follow any particular diet, please indicate that in the space below the table.

Meal	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
