



DATE:

Food Intake & Side Effect Log

Keeping track of your food intake, side effects, and overall well-being is very important during your cancer journey. Seeing how your food intake affects the way you feel can provide insight for you and your healthcare team.

Additional Notes:

Time of Day	Food & Beverages	Amount	How Do You Feel? <small>List any side effects you are experiencing.</small>
BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			
SNACK			

Circle your overall well-being for the day.

0 **1** **2** **3** **4** **5** **6** **7** **8** **9** **10**
 WORST BEST