

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:**

Weight\*:

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

Check your overall well-being for the day.

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

WORST BEST

\*If you lose weight unintentionally, let your healthcare team know. Your body may not be getting the nutrition it needs.