360 BARIATRICS
Re-Shaping Bodies & Lives

Sheetal M. Patel, M.D.
Bariatric and General Surgery

Surgical Specialists of Plano
4001 West 15th Street, Suite 180
Plano, Texas 75093
tel: 972.596.5225
fax: 214.619.0177

Daily Log

DATE: _____

Food Item	What I was feeling. Why I choose this food item.	Amount	Grams of Protein	Calories	Fluid Ounces

Keep track of fluid, vegetable, fruit and dairy intake as well as daily activity.
Check a box for each encounter

Water (8 ounces)	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Notes:
Fruits and Vegetables	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Notes:
Dairy	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Notes:
Activity (10 minutes pre section)	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ Notes:

Daily Goals:

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