HOUSTON surgical specialists

Food and Exercise Diary

Dr. Robert Marvin, M.D., FACS
4120 Southwest Freeway Ste. 200
Houston, TX 77027
713-993-7124 Clinic
713-963-0476 Fax

Patient Name: _____

Please complete the food diary for 1 month prior to speaking with the dietitian. It is crucial that the diary is completed immediately after each meal as this will guarantee the most accurate recording of your dietary intake.
Reminder: Dr. Marvin recommends 150 minutes per week of exercise. You may build this up over time, but there must be progression.
Calorie expendature is just as important as calorie intake.

Date Time	What was the food or drink consumed	Portion Size Approx	Any nausea or intolerance	How long did it take to eat the meal?	How was the food eaten? Sitting,Walking, Driving, etc.	Weight Once a week	Exercise What type and duration	Did you drink and eat together?	What was your emotional state
1/1/18 9am	Isopure (20oz bottle)	3 oz.	Yes/No	20 minutes	At bench	200lb	Walking outside for 30 minutes. 4800 steps	Yes	Rushed at work