



7 DAYS NUTRITION LOG

The nutrition experts at foodspring will analyse your diet free of charge!

What, when and why do you eat?

Our goal is to get a detailed look at your eating habits based on a 7-day nutrition log. Simply recording what you eat is often enough to gain an insight into your own eating habits. This insight can help you optimise your diet long-term. Using your own personalised nutrition log, we will offer guidance and suggestions for improvement and help you optimise your diet.

Our goal:

To give you the feedback you need to help implement long-term changes to your diet without any major problems and to help you develop an awareness of what you're eating.




How it works:

Note down everything you eat in the nutrition log for 7 days. Be honest with yourself and include all meals, snacks and drinks that you consume. "cheating" won't help you and makes it more difficult for us to help you. If possible, note down the portion size as well (e.g. 100g brown rice or 150ml orange juice). Successfully recorded everything? After 7 days, email us your completed nutrition log:

 service@foodspring.de  service@foodspring.at  service@foodspring.ch

You will receive your personal feedback from us within a few days. We look forward to hearing from you! Let's work together to help you achieve your physical target!

How your breakfast might look:

Meal	Food & drinks	Reason for eating
<p>Breakfast </p> <p> <input type="text"/> : <input type="text"/></p>	<p> 3 wheat roll halves</p> <p>50 grams of butter</p> <p>100 grams of smoked salmon</p> <p>1 small apple</p>	<p><input type="checkbox"/> Habit</p> <p><input type="checkbox"/> Hunger/thirst</p> <p><input type="checkbox"/> Boredom</p> <p><input type="checkbox"/> Frustration</p> <p><input type="checkbox"/> Craving/desire</p>

Your personal details

Surname:

First name:

Date of birth:

Height (cm):

Weight (Day 1):

Weight (Day 7):

Approximate amount of sleep per night in hours:

Job:

Smoker

Non-smoker

Occasional smoker

Conditions, intolerances, allergies:













Physical objective




Weight loss













To be healthy




Muscle building













To gain weight




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		 _____	Low Medium High




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