NOVAS, DOHR, COLL & GADSON
OB/GYN ASSOCIATES & MEDICAL SPA
- We Offer Personalized Care For Women, By Women -

600 Hart Rd., Suite 310 • Barrington IL 60010
847 304-0044 • *www.NovasAssociates.com*

3 Day Food Log

Please keep track of everything you eat and drink for 3 days and bring to your appointment.

Day/Date	**Breakfast** Time:	**Lunch** Time:	**Dinner** Time:	**Snacks** Time:	**Exercise** Time: