

FOOD INTAKE & SIDE EFFECTS LOG

WORKSHEET FOR WHEN YOU'RE IN TREATMENT

Keeping track of your food intake, side effects, and overall well-being is very important during cancer treatment. Seeing how food choices may influence side effects can provide insights for you, and members of your healthcare team. You may only need to track food intake and side effects at certain times during treatment. If you are concerned about a decline in food intake, monitor your weight. Ask for help from members of the healthcare team. Be sure to note whether the day being recorded is a treatment day.

| Time of day | Food & beverages | Amount | How do you feel? List any side effects. |
|-------------|------------------|--------|--|
| Breakfast | | | |
| Snack | | | |
| Lunch | | | |
| Snack | | | |
| Dinner | | | |
| Snack | | | |

Circle your overall well-being for the day (0 is the worst, 10 is the best).

0 (worst) 1 2 3 4 5 6 7 8 9 10 (best)



Get the LLS Health Manager app

Track meals, side effects, and more!



LEUKEMIA &
LYMPHOMA
SOCIETY
OF CANADA*

Never hesitate to contact us, we're here to help!

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