

3-DAY FOOD DIARY

DAY 1

Breakfast:

Lunch:

Dinner

Snacks and Drinks: _____

8 glasses of Water? Yes No How much? _____

DAY 2

Breakfast:

Lunch:

Dinner:

Snacks and Drinks: _____

8 glasses of Water? Yes No How much? _____

DAY 3

Breakfast:

Lunch:

Dinner:

Snacks and Drinks: _____

8 glasses of Water? Yes No How much? _____

Notes, Comments, Questions: