

### 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: