



3-DAY FOOD JOURNAL

Please list all food and beverages consumed, including water, for each day.

Day 1 Food and Drinks

	Time	Beverages	Food
<i>Breakfast</i>			
<i>Lunch</i>			
<i>Supper</i>			
<i>Snacks</i>			

Day 2 Food and Drinks

	Time	Beverages	Food
<i>Breakfast</i>			
<i>Lunch</i>			
<i>Supper</i>			
<i>Snacks</i>			

Day 3 Food and Drinks

	Time	Beverages	Food
<i>Breakfast</i>			
<i>Lunch</i>			
<i>Supper</i>			
<i>Snacks</i>			