24 Hour Recall Worksheet

NATIONAL ACADEMY OF SPORTS MEDICINE

Instructions

Over a 24-hour period, record the foods you consume and when/why you consume them. It is important to be honest when recording what you have eaten over this 24-hour period to help gain an accurate perspective the types of foods and amounts consume.
Once you have completed your 24-Hour Recall Worksheet, discuss with your Nutrition Coach.
Start Date / Time__________________ End Date / Time____________________

Food Item Description	Serving Size / Amount / Portion Description	Time Consumed	Location Consumed and Occasion
Example: glass of 2% milk	*8 ounces*	*12:37pm*	*At home, thirsty*