

3 Day Diet Log

Please record all food and drinks eaten over the three day period. This will help to assess your nutritional intake. Be specific where possible.

MAKE SURE YOU INCLUDE:

1. The amount eaten – for example: 3 oz chicken breast, 1 cup of strawberries
2. The brand of the product, if known – for example: Extreme Wellness tortilla, Triscuit crackers
3. Any condiments or sauces added – for example: butter, soy sauce, ketchup, mayonnaise

	DAY 1 / DATE:	DAY 2 / DATE:	DAY 3 / DATE:
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			