# NEW ENERGY NUTRITION

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## 3 Day Food Diary

Please record in the spaces below food and beverage intakes for three days. Include estimated serving sizes and be a specific as possible. Indicate how hungry you were upon eating on the "hunger scale" to the right. (1=least hungry 5=most hungry)

**DAY Number**:____________________

**HUNGER SCALE:**

| | | | | | |
|---|---|---|---|---|---|
| ______________________________ | 1 | 2 | 3 | 4 | 5 |
| ______________________________ | 1 | 2 | 3 | 4 | 5 |
| ______________________________ | 1 | 2 | 3 | 4 | 5 |
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**DAY Number**:______________________ **HUNGER SCALE:**

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