

Three-Day Food Record

Name _____

Note: Please email this to Joe at joe@leveragefitnesstrainer.com Instruction for completing food records: On the attached form, please record everything that you eat and drink for three days. Record everything (brand names, serving size, how it was prepared). Please be honest and try not to change the way you eat because you are writing everything down. A true record of how you eat is what we are looking for.

[illegible]

