

3-Day Food Log

Please list everything you eat and drink on two weekdays and one weekend day, if possible.

Stick to your typical eating patterns (you do not have to eat 4 meals a day or you can add meals).

If possible, include brands, names of restaurants, ingredients and portion sizes (cup, tablespoon, piece, slice, etc.).

Just do the best you can! Thank you!

Day 1 Food Record

Weekday or Weekend (please circle)

Date:

Time	Meal	Amount Eaten	Location

Day 2 Food Record

Weekday or Weekend (please circle)

Date

Time	Meal	Amount Eaten	Location

Day 3 Food Record

Weekday or Weekend (please circle)

Date

Time	Food Item	Amount Eaten	Location