

3-Day Food Log

NAME: _____

- * Write down everything you eat or drink (including water) for 3 days straight.
- * Try to include at least 1 weekend day and 1 weekday
- * Note what time, where and the approximate amount of foods/beverages you eat/drink

EXAMPLE

Time	Place	Food or Drink	Amount
7am - breakfast	Home	Cheerios w/ Skim Milk	1 cup each
10am - snack	School	Granola bar water	1/2 cup 8oz
12pm - lunch	School	PBJ sandwich on wheat bread chips Apple Juice banana	one half grab bag 8oz 1 cup
3:30pm - snack	Home	Blueberry muffin water	1 large 8oz
6pm - dinner	Home	American Chop Suey Salad w/ Italian Dressing garlic bread brownie Skim Milk	2 cups 1 cup 2 small pieces 1 medium 1 cup

DAY #1

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3-Day Food Log

Daily Food Log (page 2)

Time	Place	Food or Drink	Amount
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DAY #2

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DAY #3

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