

# 3 Day Food Log

Day 1	
Amount/ Time of day	List amount of food or beverage (Ex: 1 c. orange juice)
Home/Out	Breakfast:
Home/Out	In-Between:
Home/Out	Lunch:
Home/Out	In-Between:
Home/Out	Dinner:
Home/Out	Evening Snack:

Day 2	
Amount/ Time of day	List amount of food or beverage (Ex: 1 c. orange juice)
Home/Out	Breakfast:
Home/Out	In-Between:
Home/Out	Lunch:
Home/Out	In-Between:
Home/Out	Dinner:
Home/Out	Evening Snack:

Day 3	
Amount/ Time of day	List amount of food or beverage (Ex: 1 c. orange juice)
Home/Out	Breakfast:
Home/Out	In-Between:
Home/Out	Lunch:
Home/Out	In-Between:
Home/Out	Dinner:
Home/Out	Evening Snack: