3 Day Food Log

| Day 1 | | Day 2 | | | Day 3 | |
|---------------------------|---|---------------------------|--|---------------------------|---|--|
| Amount/ Time of day | List amount of food or beverage (Ex: 1 c. orange juice) | Amount/ Time of day | List amount of food or beverage (Ex: 1 c. orange juice) | Amount/ Time of day | List amount of food or beverage (Ex: 1 c. orange juice) | |
| Home/Out | Breakfast: | Home/Out | Breakfast: | Home/Out | Breakfast: | |
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| Home/Out | In-Between: | Home/Out | In-Between: | Home/Out | In-Between: | |
| Tiome/ Out | III-Detween. | Tiome/Out | III-Detween: | | III-Detween. | |
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| Home/Out | Lunch: | Home/Out | Lunch: | Home/Out | Lunch: | |
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| Home/Out | In-Between: | Home/Out | In-Between: | Home/Out | In-Between: | |
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| Home/Out | Dinner: | Home/Out | Dinner: | Home/Out | Dinner: | |
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| Home/Out | Evening Snack: | Home/Out | Evening Snack: | Home/Out | Evening Snack: | |
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