

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:
Home/Out	In-Between:	Home/Out	In-Between:	Home/Out	In-Between:
Home/Out	Lunch:	Home/Out	Lunch:	Home/Out	Lunch:
Home/Out	In-Between:	Home/Out	In-Between:	Home/Out	In-Between:
Home/Out	Dinner:	Home/Out	Dinner:	Home/Out	Dinner:
Home/Out	Evening Snack:	Home/Out	Evening Snack:	Home/Out	Evening Snack: