

3 DAY FOOD DIARY

DATE:	DATE:	DATE:
BREAKFAST	BREAKFAST	BREAKFAST
SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK
DINNER	DINNER	DINNER
PM SNACK	PM SNACK	PM SNACK
OTHER (Including: Medications, Vitamins, Mints, Gum, etc...)		