

Three Day Food Log

Name:

DATE:

BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
Time	Time	Time	Time	Time

DATE:

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Time	Time	Time	Time	Time

DATE:

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Time	Time	Time	Time	Time

**Please include only food /drink and amounts consumed