

# 3-Day Food Diary



Name: \_\_\_\_\_

Day 1 – Date: \_\_\_\_\_

Breakfast: \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snack: \_\_\_\_\_

BM's: \_\_\_\_\_ Sleep: \_\_\_\_\_

Additional Notes: \_\_\_\_\_

Day 2 – Date: \_\_\_\_\_

Breakfast: \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snack: \_\_\_\_\_

BM's: \_\_\_\_\_ Sleep: \_\_\_\_\_

Additional Notes: \_\_\_\_\_

Day 3 – Date: \_\_\_\_\_

Breakfast: \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snack: \_\_\_\_\_

BM's: \_\_\_\_\_ Sleep: \_\_\_\_\_

Additional Notes: \_\_\_\_\_