



**Three Day Food Record**

The purpose of the 3 Day Food Record is to provide us with some insight on your current diet. With this in mind and for your own benefit, we do ask that you are honest while filling out this form. This food record will merely be a starting point that you will work from. Please do NOT change anything that you have been doing in regards to your diet, simply record EVERYTHING you eat or drink on 3 separate days. If possible, the three days should include 2 weekdays and 1 weekend day.

**DATE:**

MEAL	TIME	FOODS AND DRINK INTAKE Please include amount and method of preparation
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Exercise		