

# 3 Day Food Diary

(See instructions below. Please include all liquids, brand names, snacks and approximate quantities.)

<u>Day 1: Day</u>	Date	<u>Day 2: Day</u>	Date	<u>Day 3: Day</u>	Date
<u>Time</u>		<u>Time</u>		<u>Time</u>	

**Please complete for two week days and a weekend day or  
If travelling / following an unusual regime please enter a normal day's diet in the day 3 column.**