3-Day Food Log
DAY 1 - Weekday

Write down everything you eat and drink for three consecutive days (2-weekdays and 1-weekend).

Date/Time	Food or Drink	Amount
e.g. 2/14, 9 am	Give a detailed description including type of food, brand name, or restaurant	Give as tsp, tbsp, cups, oz, weight or size

3-Day Food Log
DAY 2 - Weekday

Write down everything you eat and drink for three consecutive days (2-weekdays and 1-weekend).

Date/Time	Food or Drink	Amount
e.g. 2/14, 9 am	Give a detailed description including type of food, brand name, or restaurant	Give as tsp, tbsp, cups, oz, weight or size

3-Day Food Log
DAY 3 - Weekend

Write down everything you eat and drink for three consecutive days (2-weekdays and 1-weekend).

Date/Time	Food or Drink	Amount
e.g. 2/14, 9 am	Give a detailed description including type of food, brand name, or restaurant	Give as tsp, tbsp, cups, oz, weight or size