

3 DAY FOOD RECORD

The completed 3 Day Food Record should be turned in to Wellness Programs at least three (3) business days prior to your Diet Analysis with our Graduate Student. If you have any questions about completing the 3 Day Food Record, please call Wellness at 765-496-0120. Please read the instructions on the following pages very carefully. **If this form is not fully completed and submitted to us prior to your appointment, your appointment will need to be rescheduled.**

Client Name: _____ Date: _____

Email: _____ Phone: _____

Sex: _____ Age: _____ Height: _____ Weight: _____

Medications/Vitamin & Mineral Supplements: _____

The 3 Day Food Record is used to determine the balance of energy intake and output. Intake is the amount of energy or calories consumed. Output is the amount of energy your body "burns" daily.

Please provide your activity level below. This will aid in calculating the amount of energy you burn from physical activity. Record your activity for three days. Since food intake and physical activity often change over the course of the weekend, it would be best to have one of the three days recorded include one weekend day.

Activity Level

Are you currently physically active? Yes No

If yes, describe activity (how long, how many days per week, type of activity, etc). If no, please explain.

Directions for 3 Day Food Record

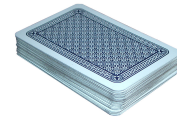
1. Begin the food journal with documenting the time that you ate.
2. In the column labeled "Food/Drink", record what you ate. Please be specific in describing the food. For example, rather than writing down milk, please indicate whether it was whole, skim, 1%, 2%, or chocolate. If you ate a ham sandwich, write down the type of bread and any condiments. Remember to record all beverages.
3. In the column labeled "Amount", write the quantity of each food consumed. If you do not have access to measuring utensils, there are examples below of how to measure food. Your results will only be as accurate as your measurements.
4. In the column labeled "Where", document where you were when eating (i.e. home, restaurant, dining court, etc).
5. In the last two columns, write down how your mood (depressed, happy, anxious, etc) and how hungry you were prior to eating (0 = not hungry to 5 = extremely hungry).

Size Up Your Servings

3 ounces of meat, poultry, or fish is about the size and thickness of a deck of playing cards.



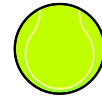
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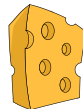
A medium apple or peach is about the size of a tennis ball.



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1 oz. of cheese is about the size of 4 dice.



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1 cup of mashed potatoes or broccoli is about the size of a medium size fist.



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1 teaspoon of butter, margarine, or oil is about the size of the tip of your thumb.



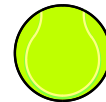
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½ cup of ice cream is about the size of a racquetball or tennis ball.



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1 ounce of nuts or small candies equals one small handful.



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1 oz.



Day 1

Date _____

Time	Food/Drink	Amount	Where	Mood	Hunger 0-5



Day 2

Date _____

Time	Food/Drink	Amount	Where	Mood	Hunger 0-5



Day 3

Date _____

Time	Food/Drink	Amount	Where	Mood	Hunger 0-5

