

**3 – Day  
Food Journal**

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

**Date:** \_\_\_\_\_

**Day: 1** \_\_\_\_\_

<b>Time</b>	<b>Food Item</b>	<b>Amount</b>
<b>Record time of meal or snack.</b>	<b>Include brand name, method of preparation. Include all condiments and beverages.</b>	<b>Use common kitchen terms: cup, teaspoon, ounces.</b>
<b>Breakfast Time:</b>		
<b>Snack</b>		
<b>Lunch Time:</b>		
<b>Snack</b>		
<b>Dinner Time:</b>		
<b>Snack</b>		

**3 – Day  
Food Journal**

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

**Date:** \_\_\_\_\_

**Day: 2** \_\_\_\_\_

<b>Time</b>	<b>Food Item</b>	<b>Amount</b>
<b>Record time of meal or snack.</b>	<b>Include brand name, method of preparation. Include all condiments and beverages.</b>	<b>Use common kitchen terms: cup, teaspoon, ounces.</b>
<b>Breakfast Time:</b>		
<b>Snack</b>		
<b>Lunch Time:</b>		
<b>Snack</b>		
<b>Dinner Time:</b>		
<b>Snack</b>		

**3 – Day  
Food Journal**

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

**Date:** \_\_\_\_\_

**Day: 3** \_\_\_\_\_

<b>Time</b>	<b>Food Item</b>	<b>Amount</b>
<b>Record time of meal or snack.</b>	<b>Include brand name, method of preparation. Include all condiments and beverages.</b>	<b>Use common kitchen terms: cup, teaspoon, ounces.</b>
<b>Breakfast Time:</b>		
<b>Snack</b>		
<b>Lunch Time:</b>		
<b>Snack</b>		
<b>Dinner Time:</b>		
<b>Snack</b>		