

FOOD JOURNAL

3-Day Diet Record

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NAME

.....
DATE

Please record everything you eat and drink for 3 days. Be as thorough and detailed as possible.

Please be as honest as you can be. I am gathering data, not judging. Don't change your normal routine. Just record what you are doing.

If your eating habits change over the week, pick 3 days that are representative (e.g., 2 weekdays plus 1 weekend day).

To measure, simply use hand-sized portions (e.g., 1 palm, 1 fist, 1 cupped handful, 1 thumb) or something else standardized (e.g., baseball, deck of cards). You can use measuring cups or a food scale if you want, but you don't have to.

Record any other notes about other things we've agreed you'll record, such as why you are eating, physical sensations from eating, how you felt after you ate.

Example

MEAL TIME	WHAT YOU ATE / DRANK AND HOW MUCH	NOTES
7 AM	2 pieces whole-grain toast 2 thumbs peanut butter 1 mug of coffee with milk + 2 sugars	Rushing out the door; busy day
10:15 AM	Bran muffin (about 1 fist sized) 1 medium-sized orange Medium coffee from Dunkin Donuts	In a meeting
12:30 PM	12" Subway turkey sandwich 1 can Diet Coke	No cheese
3:30 PM	1 strawberry Greek yogurt 2 handfuls Triscuits	Ate at desk
6:30 PM	3 slices meat-lovers pizza 2 light beers 1 bowl moose tracks ice cream	Got home late, no energy to cook

