

Three-day Food and Exercise Diary

Directions: Keep track of all the foods that you eat and all the beverages that you drink for three consecutive days. It is important to document what you are eating and how much you are eating. Please eat and drink as you normally would. Also, please document any physical activity that you do each day. Again, document what activities you are doing and how long you are doing them.

	Day 1	Day 2	Day 3
Wake up	TIME:	TIME:	TIME:
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
After dinner			
Go to sleep	TIME:	TIME:	TIME:
Physical activity			