

## 3-Day Food/Activity Log

### Instructions:

- Meal timing is important - record time of all meals, snacks, and activity.
- Be specific with amounts of foods eaten and beverage intake.
- How was the food prepared (broiled, baked, fried, etc.)?

### Example:

8:00 am	1 c. cooked oatmeal w/ ½ c. NF milk + ½ sliced banana + 1 TBS flaxseed + 1 hard-boiled egg	1 c. black coffee 8 oz. water	45 min treadmill at 3.5 15 min elliptical 20 min light weights 10 min stretching
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### Day 1

TIME	FOODS (AMOUNTS AND PREPARATION)	BEVERAGES (AMOUNTS)	EXERCISE TYPE AND DURATION
B			
S			
L			
S			
D			
S			

## Day 2

TIME	FOODS (AMOUNTS AND PREPARATION)	BEVERAGES (AMOUNTS)	EXERCISE TYPE AND DURATION
B			
S			
L			
S			
D			
S			

## Day 3

TIME	FOODS (AMOUNTS AND PREPARATION)	BEVERAGES (AMOUNTS)	EXERCISE TYPE AND DURATION
B			
S			
L			
S			
D			
S			