

3 Day Food Log

Write down what you eat for each meal and snack. Choose a “typical” day (i.e. if you work five days a week, choose a work day versus a non-work day). Please add exercise and sleep information, as well.

Example:

Eating occasion:	What you ate and drank:
Time: 8pm Meal/Snack: Dinner Location: Home	¾ cup rice with scallions and cilantro, 1 cup steamed broccoli, 1 chicken breast Soy sauce, red chili paste, brown sugar, lime juice, sriracha 1 ½ cups water

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Exercise:	What & Where: Duration: Do you break a sweat?	
Sleep:	Time awake: Do you wake up at night?	Time asleep: If yes, how many times?

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