

3 Day Food Intake Form

Please complete by writing down everything you eat and drink (including water or liquids) with all the amounts for three days:

DAY 1:

Breakfast:

Mid-morning snack:

Lunch:

Mid-afternoon snack:

Dinner:

Before bed snack:

DAY 2:

Breakfast:

Mid-morning snack:

Lunch:

Mid-afternoon snack:

Dinner:

Before bed snack:

DAY 3

Breakfast:

Mid-morning snack:

Lunch:

Mid-afternoon snack:

Dinner: