

FOOD JOURNAL

3-Day Diet Record

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 Bran muffin (about 1 fist sized) | Rushing out the door, busy day |
| 10:15 AM | 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 3 slices meat-lovers pizza | Ate at desk |
| 6:30 PM | 2 light beers 1 bowl moose tracks ice cream | Got home late, no energy to cook |