



THREE DAY NUTRITIONAL JOURNAL

Name: _____ Start Date : _____

DOB _____ HEIGHT _____ WEIGHT _____ BMI _____

Please record all food and beverages you intake for 2 week days and 1 weekend day. You do not need to weigh or measure food, just estimate volume. For example: Breakfast: bowl of Cheerios with skim milk, coffee, small OJ, Lunch: Turkey, swiss, lettuce, tomato on rye bread, diet iced tea... Make sure to include every bite, taste,...

	Monday	Wednesday	Saturday
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Total Water (number of 8oz glasses)			