

Instructions	Day 1 Wake up:	Day 2 Wake up:	Day 3 Wake up:
<p>Please fill out this 3-day diet diary.</p> <ol style="list-style-type: none"> Please note the time you get up. Please list and describe all of the food you eat at each meal and snack. Provide amounts and list whether it is raw, baked, fried, grilled etc. Please note the time of each meal and snack. Please note how much water you drink in fluid ounces. Also, note any additional beverages you consume that you have not already listed. Please list the type and duration of all exercise. Please list any periods of relaxation and leisure activity. Finally, note the time you go to bed. <p>Additional Comments:</p>	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
	Snack: Time:	Snack: Time:	Snack: Time:
	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
	Snack: Time:	Snack: Time:	Snack: Time:
	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
	Snack: Time:	Snack: Time:	Snack: Time:
	How much water?	How much water?	How much water?
	Exercise?	Exercise?	Exercise?
	Relaxation?	Relaxation?	Relaxation?
	Bed time?	Bed time?	Bed time?