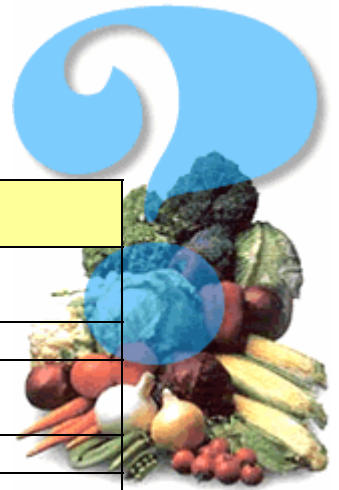


3-Day Food Record

Name: _____ Start Date: _____



Day 1	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	
Comments	
Day 2	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	
Comments	
Day 3	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	
Comments	
Final Comments & Results	