FOOD DIARY

Please record what you eat and drink during 3 typical days. Please be sure to include all beverages, cream and sweetener added to beverages, and condiments added to foods.

DAY 1

Time woke up:		Bedtime:	
Time	Food/Beverage Items	Amount (e.g. cups, oz, tsp)	Location (Home/Away)

DAY 2

Time woke up:		Bedtime:	
Time	Food/Beverage Items	Amount (e.g. cups, oz, tsp)	Location (Home/Away)

DAY 3

Time woke up:		Bedtime:	
Time	Food/Beverage Items	Amount (e.g. cups, oz, tsp)	Location (Home/Away)