**Nutrition Log**

Please record three days of your food and beverage intake. Be specific and include quantities.

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| --- | --- | --- | --- |
| **Meal Journal** | **Day 1** | **Day 2** | **Day 3** |
| **Breakfast** |  |  |  |
| **Snack** |  |  |  |
| **Lunch** |  |  |  |
| **Snack** |  |  |  |
| **Dinner** |  |  |  |
| **Snack** |  |  |  |