

3 DAY DIET RECALL

Record everything that you eat and drink. Be as specific as possible as to size/amount of portion. Indicate how hungry you were and what you were doing while eating (i.e.: watching TV, driving, standing, talking, etc...)

DAY 1

BREAKFAST

MID-MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

AFTER DINNER SNACK

DAY 2

BREAKFAST

MID-MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

AFTER DINNER SNACK

DAY 3

BREAKFAST

MID-MORNING SNACK

LUNCH

AFTERNOON SNACK

DINNER

AFTER DINNER SNACK
