

## Food Diary - Day 3

	Food Consumed	Portion Size	Cooking Method	Beverages	Additional info
Time					
Time					
Time					
Time					
Snacks					

## Exercise & Physical Activity

	Type	Intensity	Duration
Activity 1			
Activity 2			



## 3 Day Food Diary



Name: \_\_\_\_\_

Primary Goal: \_\_\_\_\_

Appointment Date: \_\_\_\_\_

For us to give you the best advice, try and give as much accurate and detailed information as possible as this will only help us to help you reach your goals quicker!

### Instructions

- The Food Diary should be used on 3 complete days, ideally 2 weekdays and 1 weekend day
- Try to complete the diaries directly after every meal, snack or drink
- Include every item of food and drink that passes your lips – even the small bites!
- Where possible please include brand of the item
- Try and record portion sizes in kg/g or l/ml but if not cups, teaspoons and handfuls will be fine!
- Try and list all ingredients you use if you prepare your own meals
- Try and describe the method used to prepare and cook all food items

## Food Diary - Day 1

	Food Consumed	Portion Size	Cooking Method	Beverages	Additional info
Time					
Time					
Time					
Time					
Snacks					

## Exercise & Physical Activity

	Type	Intensity	Duration
Activity 1			
Activity 2			

## Food Diary - Day 2

	Food Consumed	Portion Size	Cooking Method	Beverages	Additional info
Time					
Time					
Time					
Time					
Snacks					

## Exercise & Physical Activity

	Type	Intensity	Duration
Activity 1			
Activity 2			