**3 DAY FOOD JOURNAL**

**DUE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **Day 1** | **Food Groups** |
| **Breakfast** |  |
| **Snack** |  |
| **Lunch** |  |
| **Snack** |  |
| **Dinner** |  |
| **Physical Activity** | **Total Minutes** |
| **Day 2** | **Food Groups** |
| **Breakfast** |  |
| **Snack** |  |
| **Lunch** |  |
| **Snack** |  |
| **Dinner** |  |
| **Physical Activity** | **Total Minutes** |

|  |  |
| --- | --- |
| **Day 3** | **Food Groups** |
| **Breakfast** |  |
| **Snack** |  |
| **Lunch** |  |
| **Snack** |  |
| **Dinner** |  |
| **Physical Activity** | **Total Minutes** |