



Fitness By Dot

Dot Spaet
Back Pain Specialist
 (415) 892-6605
www.fitnessbydot.com
fitnessbydot@earthlink.net

3 Day Food Diary - 2 weekdays and 1 weekend day

| Name: Day: Date: | | | | | | |
|------------------------|---------------------------------|------|---------------------------------|------|---------------------------------|------|
| | Day 1 Food Eaten | Time | Day 2 Food Eaten | Time | Day 3 Food Eaten | Time |
| Breakfast | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack | | | | | | |
| | | | | | | |
| | | | | | | |
| Lunch | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack | | | | | | |
| | | | | | | |
| | | | | | | |
| Dinner | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Snack | | | | | | |
| | | | | | | |
| | | | | | | |
| Water | () () () () () () () () | | () () () () () () () () | | () () () () () () () () | |

Comments
