



*Fitness By Dot*

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**3 Day Food Diary - 2 weekdays and 1 weekend day**

<b>Name:</b>					
<b>Day:</b>					
<b>Date:</b>					
	<b>Day 1 Food Eaten</b>	<b>Time</b>	<b>Day 2 Food Eaten</b>	<b>Time</b>	<b>Day 3 Food Eaten</b>
<b>Breakfast</b>					
<b>Snack</b>					
<b>Lunch</b>					
<b>Snack</b>					
<b>Dinner</b>					
<b>Snack</b>					
<b>Water</b>	( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )		( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )		( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )

**Comments**

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