7227 N 16th St., Suite 262
Phoenix, AZ, 85020

3 Day Dietary Log

Name	Date

This dietary record must be as accurate as possible. Please do not alter your eating habits or change your meals to change what is logged and please be honest. This log will aid your nutrition coach in creating the best plan of action for your current behaviors and lifestyle.

Instructions

1. Please keep this log with you at all times and log meals, snacks, anything you eat as accurately as possible.
2. If possible, please use a food scale or measuring spoons or cups. If you do not finish an entire serving that was logged, please adjust the log accordingly. Do not guess and avoid estimating when possible.
3. Please list each ingredient in a meal separately.
4. For packaged items, use labels to determine quantities.
5. Please log for three consecutive days. If there are special events or circumstances that affect your nutrition on a certain day, please note this in the margin of the log. This will provide your nutrition coach with insight. If you wish to log for more than 3 days, please do.
6. Have this log completed and ready for your next session.

Example Log

Food Item (include brand name)	**Quantity** (g, ml, tablespoons [Tbs], teaspoons [tsp], cups [c], etc)	**Notes** (include ingredients and amounts of homemade items)
Breakfast		
2 pieces toast	*2 pcs*	*Orowheat*
Margarine	*1 tsp*	*Country Crock*
Orange Juice	*8 oz*	*Tropicana*
Lunch		
Small pizza	*12-inch diameter*	*pepperoni, mushroom, cheese*
Dinner		
Chicken	*4 oz*	*Tyson*
Baked Potato	*8 oz*	
Mixed Vegetables	*2 c*	*peas, carrots, corn- frozen*

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Day 1

Food Item (include brand name)	**Quantity** (g, ml, tablespoons [Tbs], teaspoons [tsp], cups [c], etc)	**Notes** (include ingredients and amounts of homemade items)

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3 Day Dietary Log

Name	Date

Day 2

Food Item (include brand name)	**Quantity** (g, ml, tablespoons [Tbs], teaspoons [tsp], cups [c], etc)	**Notes** (include ingredients and amounts of homemade items)

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3 Day Dietary Log

Name	Date

Day 3

Food Item (include brand name)	**Quantity** (g, ml, tablespoons [Tbs], teaspoons [tsp], cups [c], etc)	**Notes** (include ingredients and amounts of homemade items)