## **3 Day Food Tracker**

## Day 1

What time did you get up?	What time did you get up?	What time did you get up?
Energy: (low)1 2 3 4 5 (High)	Energy: (low)1 2 3 4 5 (High)	Energy: (low)1 2 3 4 5 (High)
Exercise:	Exercise:	Exercise:
Water:	Water:	Water:
Breakfast	Breakfast	Breakfast
Time:	Time:	Time:
What did you eat?	What did you eat?	What did you eat?
Snack	Snack	Snack
Time:	Time:	Time:
What did you eat?	What did you eat?	What did you eat?
Lunch	Lunch	Lunch
Time:	Time:	Time:
What did you eat?	What did you eat?	What did you eat?
		Con a all-
Snack	Snack Time:	Snack Time:
Time: What did you eat?	What did you eat?	What did you eat?
Dinner	Dinner	Dinner
Time:	Time:	Time:
What did you eat?	What did you eat?	What did you eat?

Day 2

Day 3