

# 3 Day Food Tracker

## Day 1

What time did you get up? \_\_\_\_\_  
Energy: (low) 1 2 3 4 5 (High)  
Exercise: \_\_\_\_\_  
Water: \_\_\_\_\_

### Breakfast

Time: \_\_\_\_\_  
What did you eat?

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### Snack

Time: \_\_\_\_\_  
What did you eat?

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### Lunch

Time: \_\_\_\_\_  
What did you eat?

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### Snack

Time: \_\_\_\_\_  
What did you eat?

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### Dinner

Time: \_\_\_\_\_  
What did you eat?

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## Day 2

What time did you get up? \_\_\_\_\_  
Energy: (low) 1 2 3 4 5 (High)  
Exercise: \_\_\_\_\_  
Water: \_\_\_\_\_

### Breakfast

Time: \_\_\_\_\_  
What did you eat?

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### Snack

Time: \_\_\_\_\_  
What did you eat?

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### Lunch

Time: \_\_\_\_\_  
What did you eat?

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### Snack

Time: \_\_\_\_\_  
What did you eat?

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### Dinner

Time: \_\_\_\_\_  
What did you eat?

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## Day 3

What time did you get up? \_\_\_\_\_  
Energy: (low) 1 2 3 4 5 (High)  
Exercise: \_\_\_\_\_  
Water: \_\_\_\_\_

### Breakfast

Time: \_\_\_\_\_  
What did you eat?

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### Snack

Time: \_\_\_\_\_  
What did you eat?

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### Lunch

Time: \_\_\_\_\_  
What did you eat?

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### Snack

Time: \_\_\_\_\_  
What did you eat?

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### Dinner

Time: \_\_\_\_\_  
What did you eat?

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