

# 3-DAY FOOD RECORD



KNOW YOUR MIND TO CHANGE YOUR BODY

**Food and drink intake record** | You are asked to keep a record of your eating and drinking for a three day period, making sure one of the days is on a weekend. This means recording what you ate and drank including quantities where possible.

DATE	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DINNER	SUPPER