

In the chart below, record your meals for three days. Be sure to include everything you are eating.

DAY 1	Date _____	DAY 2	Date _____	DAY 3	Date _____
Breakfast:		Breakfast:		Breakfast:	
Lunch:		Lunch:		Lunch:	
Dinner:		Dinner:		Dinner:	
Snacks:		Snacks:		Snacks:	

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