

3-Day Diet Recall

Patient Name _____ Patient Birth Date _____

A 3-day diet recall provides a clearer picture of your eating habits than recording what you eat on one day. The more accurate you are in recording the food you eat, the more accurate we can be in designing a program to help you achieve your goals.

Day 1	Day 2	Day3
Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner
Snacks	Snacks	Snacks
Physical Activity	Physical Activity	Physical Activity
Goals	Goals	Goals