Food and Beverage Journal Day 1

Name: ___________________________________ Date: _________________________

Height: _______________ Weight: ____________

Time	Amount	Description	
(e.g. 9 am)	(use cup, oz, lb, tsp, Tbsp, or # of units)	Be specific about each type of food and drink, including brand name& preparation method (if any)	

Seattle FoodNut Food and Beverage Journal Day 2

Name: ____________________________________ Date: __________________________

Time	Amount	Description	
(e.g. 9 am)	(use cup, oz, lb, tsp, Tbsp, or # of units)	Be specific about each type of food and drink, including brand name& preparation method (if any)	

Seattle FoodNut

Food and Beverage Journal Day 3

Name: ____________________________________ Date: __________________________

Time	Amount	Description	
(e.g. 9 am)	(use cup, oz, lb, tsp, Tbsp, or # of units)	Be specific about each type of food and drink, including brand name& preparation method (if any)	