

### 3 Day Diet Diary

Please log the date and time, what you ate and/or drank, and the quantity:

Date: \_\_\_\_\_

Time: \_\_\_\_\_ Food/Drink: \_\_\_\_\_  
Time: \_\_\_\_\_ Food/Drink: \_\_\_\_\_  
Time: \_\_\_\_\_ Food/Drink: \_\_\_\_\_  
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Date: \_\_\_\_\_

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Date: \_\_\_\_\_

Time: \_\_\_\_\_ Food/Drink: \_\_\_\_\_  
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