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INITIAL CONSULT THREE DAY FOOD JOURNAL

Day of the Week: _____

Date:	
Work/Home?	

Hours + Quality of sleep last night: _____ Physical activity: _____

DAY ONE

Breakfast Food/Time:	Beverages: (type + quantity)	How do you feel? (Mood, Digestion, # of Bowel Movements, Aches/Pains)
Snack Food/Time:		
Lunch Food/Time:		
Snack Food/Time:		

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Dinner Food/Time:			

Day of the Week:	Date:
	Work/Home?

Hours + Quality of sleep last night: _____

Physical activity: _____

DAY TWO

Breakfast Food/Time:	Beverages: (type + quantity)	How do you feel? (Mood, Digestion, # of Bowel Movements, Aches/Pains)
Snack Food/Time:		
Lunch Food/Time:		

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Snack Food/Time:		
Dinner Food/Time:		

Day of the Week:	Date:
	Work/Home?
Hours + Quality of sleep last night:	Physical activity:

DAY THREE

Breakfast Food/Time:	Beverages: (type + quantity)	How do you feel? (Mood, Digestion, # of Bowel Movements, Aches/Pains)
Snack Food/Time:		

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Lunch Food/Tin	ne:			
Snack Food/Tin	ne:			
Dinner Food/Ti	me:			