

Use this form to track your diet. Include all food/beverages consumed, with as much detail as possible for 3 days. There is one page per day. Use "misc" to list any supplements/meds and to track your bowel movements. Use "description" to explain the food's condition, i.e., raw, organic, out of a box, boiled, fried, from a restaurant, frozen meal, etc. Use tbs, cups, ounces, handfuls, etc. for "quantity". Remember, be truthful and do not judge yourself. This is purely informative.

DAY ONE: - -

TIME	FOOD ITEM	QUANTITY	Description	BEVERAGE/H2O	QTY IN OZ.	MISC.

DAY TWO: - -

TIME	FOOD ITEM	QUANTITY	Description	BEVERAGE/H2O	QTY IN OZ.	MISC.

DAY THREE: - -

TIME	FOOD ITEM	QUANTITY	Description	BEVERAGE/H2O	QTY IN OZ.	MISC.