

## Three Day Food Journal

It is very helpful to keep a food journal for at least 3 days, because most of the time we are mindlessly eating and not paying attention to what we are consuming. This can make us feel like we are eating more healthy than we actually are. When you see it on paper it makes a bigger impact.

So I highly encourage you to keep a food journal.



Date:

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

Desert:



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Snack:

Lunch:

Snack:

Dinner:

Desert:

Date:

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Snack:

Lunch:

Snack:

Dinner:

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