



24 HOUR FOOD RECORD

Instructions: Keep track of everything you eat and drink for three consecutive days, preferably two week days and one weekend day. PLEASE BE SPECIFIC. Try to not alter your eating from what you would normally eat. If you track your glucose, exercise or have any physical side effects you feel may be related to your eating, record these in the notation section with the time of occurrence.

Name _____ Day of Week _____ Date _____

time	food and/or beverage (include water) & amount consumed	notes



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