**3 Day Food Log**

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

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| Time/Place | Food/Beverage | Quantity | Feelings of hungerActivity/Duration |
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| Time/Place | Food/Beverage | Quantity | Feelings of hungerActivity/Duration |
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| Time/Place | Food/Beverage | Quantity | Feelings of hungerActivity/Duration |
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