



3 DAY FOOD LOG

DR. DANENBERG

Your Gut. Your Health. Your Choice.®

DAY 1: BREAKFAST

Date: _____ Day of the Week: _____ Time of Meal: _____

Food & Beverages Consumed

How do you feel? How's your mood? Any symptoms?

SNACKS

Time: _____

How do you feel? How's your mood? Any symptoms?

DAY 1: LUNCH

Time: _____

Food & Beverages Consumed

How do you feel? How's your mood? Any symptoms?

SNACKS

Time: _____

How do you feel? How's your mood? Any symptoms?

DAY 1: DINNER

Time: _____

How do you feel? How's your mood? Any symptoms?

SNACKS

Time: _____

How do you feel? How's your mood? Any symptoms?

EXERCISE OR PHYSICAL ACTIVITY

How active were you today?

BOWEL MOVEMENT

Time: _____

NOTES

Anything else worth noting?

DAY 2: BREAKFAST

Date: _____ Day of the Week: _____ Time of Meal: _____

Food & Beverages Consumed

How do you feel? How's your mood? Any symptoms?

SNACKS

Time: _____

How do you feel? How's your mood? Any symptoms?

DAY 2: LUNCH

Time: _____

Food & Beverages Consumed

How do you feel? How's your mood? Any symptoms?

SNACKS

Time: _____

How do you feel? How's your mood? Any symptoms?

DAY 2: DINNER

Time: _____

How do you feel? How's your mood? Any symptoms?

SNACKS

Time: _____

How do you feel? How's your mood? Any symptoms?

EXERCISE OR PHYSICAL ACTIVITY

How active were you today?

BOWEL MOVEMENT

Time: _____

NOTES

Anything else worth noting?

DAY 3: BREAKFAST

Date: _____ Day of the Week: _____ Time of Meal: _____

Food & Beverages Consumed

How do you feel? How's your mood? Any symptoms?

SNACKS

Time: _____

How do you feel? How's your mood? Any symptoms?

DAY 3: LUNCH

Time: _____

Food & Beverages Consumed

How do you feel? How's your mood? Any symptoms?

SNACKS

Time: _____

How do you feel? How's your mood? Any symptoms?

DAY 3: DINNER

Time: _____

How do you feel? How's your mood? Any symptoms?

SNACKS

Time: _____

How do you feel? How's your mood? Any symptoms?

EXERCISE OR PHYSICAL ACTIVITY

How active were you today?

BOWEL MOVEMENT

Time: _____

NOTES

Anything else worth noting?