

3-Day Food and Hydration Record

Notes for how to complete the below

- Time: When did you eat?
- Place: Where did you eat?
- Food / Beverage: Record everything you eat and drink. Include as much detail as you can. If there are added condiments (i.e. ketchup, may, mustard, oils) note those as well.
- Portion Size: There's no need to weigh or measure your food. We'll use your hand to note portion sizes for everything you eat. Below you'll find a guide for measuring portions.
 - Fist (or light bulb): use with grains, salads, fruits, nuts, etc.
 - Palm (or deck of cards): use with fish and any animal proteins
 - Thumb (or golf ball): use with oils, PB, AB, seeds, etc.

If you're unsure, pick a unit that seems to best match

- Hunger Level: On a scale of 1-10, rate your level of hunger/fullness *BEFORE* eating
 - 1 = Painfully hungry
 - 10 = Painfully full

Name:
Date:

DAY 1: How many glasses (8fl oz) of water did you drink today? _____ (Regular Poland Springs bottle = 2 glasses)

Time	Place	Food/Beverage	Portion Size	Hunger Level



Name:

Date:

DAY 2: How many glasses (8fl oz) of water did you drink today? _____ (Regular Poland Springs bottle = 2 glasses)

Time	Place	Food/Beverage	Portion Size	Hunger Level



Name:

Date:

DAY 3: How many glasses (8fl oz) of water did you drink today? _____ (Regular Poland Springs bottle = 2 glasses)

Time	Place	Food/Beverage	Portion Size	Hunger Level