



**ONE TO ONE FITNESS**

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### **DIRECTIONS FOR KEEPING A 3-DAY DIET DIARY**

Please write down everything you eat (meals, snacks, beverages) for three days on these forms.  
Please select **TWO WEEKDAYS AND ONE WEEKEND DAY.** Use as much space as you need.

**1. Write down the date and day at the top of the form.**

**2. Write down the first foods you ate for that day. Write down:**

The time of day you ate the food(s).

Each food that you ate.

How the food was prepared (baked, boiled, fried, microwaved).

How much you ate (cup, 1/2 cup, pieces, tablespoons, teaspoons).

Include all beverages (even alcohol) including the brand and amount of each beverage.

**3. It is important to describe each food you eat in detail.**

**For example:**

Write down brand names for each food you ate if you know them.

Write down the type of milk (whole, 2%, or skim) and bread (white, wheat, etc).

Write down if the food was fresh, frozen, or canned.

If you ate a casserole or a salad, write down the foods there were in it and amounts.

If you add things like butter, jelly, sugar, honey, or cream to foods or beverages, please write them down with the amounts used.

**4. If you drink milk, what type of milk do you drink?**

**whole**

**2%**

**1%**

**skim**

**I do not drink milk.**

**5. Do you use white \_\_\_\_\_ or whole-wheat \_\_\_\_\_ bread?**

**6. About how many glasses of water do you drink each day? \_\_\_\_\_**











