**1.06 Three-day Food Diary and Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Physical Activity Handout Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Record all food and beverages consumed and physical activity exerted for each day of a three-day period.

Days/Dates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- |
| Time | Food/Beverage | Number of servings | Calories | Other |
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**Physical Activity**

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| --- | --- | --- | --- |
| **Date** | **Type of Activity** | **Intensity** | **How long** |
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**Evaluation/Comments**

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