

4 Day Food Journal

| Record all food and beverage intake (include soda, coffee, etc) Include portion size (handful, small, 8 oz.) Place for water intake at bottom | Time | Day 1 | Time | Day 2 | Time | Day 3 | Time | Day 4 |
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| | | water (oz) | | water (oz) | | water (oz) | | water (oz) |