3-Day Diet Recall

Please write down everything you consume on a daily basis, including liquids; especially water. Make your best estimate on portions. Remember a serving of meat is about the size of your palm, (3 ounces), 1 ounce is about the size of 4 dice, a cup is about the size of your fist, and a teaspoon is about the size of the tip of your thumb. Also, include any vitamin or mineral supplementation.

Day 1:

Day 2:

Day 3:

Age: _____
Height: _____
Weight: _____
BMI: _____
RHR: _____