

3-Day Food and Activity Journal

Meal	Day 1: _____	Day 2: _____	Day 3: _____
Breakfast (First Meal)			
Snack			
Lunch (Second Meal)			
Snack			
Dinner (Third Meal)			
Snack			
Activity			

Please visit www.MyHealth.Alberta.ca and search "3-Day Food and Activity Journal" for instructions about how to use this journal.