

**3 Day Nutritional Log**

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| --- | --- | --- | --- |
| **Name:** | | **Date:** | |
| **Day** |  |  |  |
| **Time / Breakfast** |  |  |  |
| **Time / Snack** |  |  |  |
| **Time / Lunch** |  |  |  |
| **Time/ Snack** |  |  |  |
| **Time / Dinner** |  |  |  |
| **Time / Exercise / Type / Intensity** |  |  |  |
| **How I Felt?** |  |  |  |
| **How was my Energy?** |  |  |  |
| **Drinks / Quantity** |  |  |  |
| **Did I Empty My Bowel** |  |  |  |

Please Complete and this log in detail and return to me

Via email [bek@nutterbynature.com.au](mailto:bek@nutterbynature.com.au). Please return at least 48 hours prior to your consultation.