

Name: \_\_\_\_\_  
Trainer: \_\_\_\_\_

Please return to the Administrative  
Office after completing.

## FITNESS SERVICES Nutrition Consultation 3- Day intake form

1. It is important that this record be both **accurate** and **representative** of your **normal** dietary intake. Consequently, it is **essential** that you do not alter your normal eating habits **in any way** and that you record as precisely as possible **every single** item that you consume (this includes water, vitamins, condiments, margarine, 2 pieces of candy, etc). To do so, you **must** follow a few simple instructions (listed below). The purpose is to quantify your normal intake so do not alter your eating habits in any way.
2. Use standard-measuring devices (measuring cups, measuring spoons, scale, etc) to record the quantities consumed, as accurately as possible. If you do not eat all of the item (example – not a full serving of lasagna, etc.) re-measure what's left and record the difference.
3. Record combination foods separately (i.e., hot dog, bun, and condiments) and include brand names of food items (list contents of homemade items) whenever possible.
4. For packaged items, use labels to determine quantities.
5. Record 3 days that are representative of your normal intake. Therefore if your weekdays are different from your weekends, pick two weekdays and one weekend. Likewise, if your M, W, and F are different from your T and Th and all these days are different from your Sat and Sun, you should pick one day to represent each unique schedule.

**Example:**  
**Day 1**

Food Item (Include brand name)	Quantity (gm, ml, tablespoons [TBS], teaspoons [tsp], etc)	Notes (include ing. & amts of homemade)
ex: 1. Small pizza	400 gm	pepperoni, mushroom, cheese
2. margarine	1 TBS	
3. tuna casserole	625 gm	Recipe: 120 gm tuna, 1 cup celery, 225 gm macaroni, 280 ml cream of mushroom soup

**Any questions, concerns, or comments please call the Coordinator at 785.532.6980.  
Monday through Friday 8am to 5 pm.**



**Day 1:**

<b>Item &amp; time eaten</b>	<b>Quantity</b>	<b>Notes</b>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		

**Day 2:**

Item & time eaten	Quantity	Notes
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		

**Day 3:**

<b>Item &amp; time eaten</b>	<b>Quantity</b>	<b>Notes</b>
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		