

Day 3:

| Time of Day | Description of Food Consumed or Beverage Drank | Amount Consumed (give to closest gram, ounce, pound, milliliter or fluid ounce) | What were you doing when eating |
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List of activities and duration (how long in minutes) for each day of the 3-day recall

| Day 1 | | Day 2 | | Day 3 | |
|----------|----------|----------|----------|----------|----------|
| Activity | Duration | Activity | Duration | Activity | Duration |
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