## 24-Hour Recall Worksheet



## **Instructions**

Over a 24-hour period, record the foods you consume and when/why you consume them. It is important to be honest when recording what you have eaten over this 24-hour period to help gain an accurate perspective the types of foods and amounts consume.

Once you have completed your 24-Hour Recall Worksheet, discuss with your Nutrition Coach.

Stort Data / Time	End Data / Time
Start Date / Time	End Date / Time

Food Item Description	Serving Size / Amount / Portion Description	Time Consumed	Location Consumed and Occasion
Example: Glass of 2% Milk	8 ounces	12:37pm	At home, thirsty