

Chef Chris Becker
M.S., Nutrition C.N.E.

3-Day Diet Journal

Date: _____

GENERAL INFORMATION

Name: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____ Birth date: _____

3-DAY DIET JOURNAL ~ INTRODUCTION

The 3-day diet journal is designed to give a general snapshot about how you nourish and fuel your body on a daily basis. The information provided will help me to tailor a diet plan to steadily get you towards your goal. Weight loss, lower blood pressure, a faster 10K, quicker post-workout recovery, or simply a shift towards a healthier life-style.

Once completed, please email the journal back to Becker Nutrition.
chefwbecker@beckernutrition.com

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