

Food Diary

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday Date _____ Exercise _____ Water ○○○○○○○○						
Tuesday Date _____ Exercise _____ Water ○○○○○○○○						
Wednesday Date _____ Exercise _____ Water ○○○○○○○○						
Thursday Date _____ Exercise _____ Water ○○○○○○○○						
Friday Date _____ Exercise _____ Water ○○○○○○○○						
Saturday Date _____ Exercise _____ Water ○○○○○○○○						
Sunday Date _____ Exercise _____ Water ○○○○○○○○						