

Food diary

Food diary from

Weight day 1

Weight day 7

Day 1

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Day 2

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Day 3

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Day 4

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Day 5

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Day 6

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Day 7

Fluids

Breakfast

Snacks

Lunch

Snacks

Dinner

Snacks

Exercise

Diary

What have I noticed about my eating habits?

What is good?

What is not so good?

Special comments or questions.