

# FOOD & DRINK DIARY

DATE:

DAY:

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EXERCISE LOG, WHEN, TYPE, DURATION

SLEEP LOG, A SLEEP/AWAKE TIME, NAPS, UP  
IN THE NIGHT

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NOTES: BE DESCRIPTIVE ON FOOD YOU CONSUMED.  
WHEN YOU HAVE EATEN, DESCRIBE HOW YOU FEEL.

BREAKFAST;  
TIME

SNACKS TIME;

LUNCH TIME;

SNACKS TIME;

DINNER TIME;

SNACKS TIME;