

DAY 1	DATE:	DAY 2	DATE:
Wake up:		Wake up:	
Morning Meal		Morning Meal	
Time:		Time:	
Snack		Snack	
Time:		Time:	
Mid-Day Meal		Mid-Day Meal	
Time:		Time:	
Snack		Snack	
Time:		Time:	
Evening Meal		Evening Meal	
Time:		Time:	
Snack		Snack	
Time:		Time:	
Water (ounces)		Water (ounces)	
Other Drinks (that are not listed w/ above meals or snacks)		Other Drinks (that are not listed w/ above meals or snacks)	
Activity/Exercise What kind:		Activity/Exercise What kind:	
How long:		How long:	
Relaxation Type:		Relaxation Type:	
How Long:		How Long:	
Sleep Time:			

DAY 3	DATE:	DAY 4	DATE:
Wake up:		Wake up:	
Morning Meal		Morning Meal	
Time:		Time:	
Snack		Snack	
Time:		Time:	
Mid-Day Meal		Mid-Day Meal	
Time:		Time:	
Snack		Snack	
Time:		Time:	
Evening Meal		Evening Meal	
Time:		Time:	
Snack		Snack	
Time:		Time:	
Water (ounces)		Water (ounces)	
Other Drinks (that are not listed w/ above meals or snacks)		Other Drinks (that are not listed w/ above meals or snacks)	
Activity/Exercise What kind:		Activity/Exercise What kind:	
How long:		How long:	
Relaxation Type:		Relaxation Type:	
How Long:		How Long:	
Sleep Time:			

DAY 5	DATE:	DAY 6	DATE:
Wake up:		Wake up:	
Morning Meal		Morning Meal	
Time:		Time:	
Snack		Snack	
Time:		Time:	
Mid-Day Meal		Mid-Day Meal	
Time:		Time:	
Snack		Snack	
Time:		Time:	
Evening Meal		Evening Meal	
Time:		Time:	
Snack		Snack	
Time:		Time:	
Water (ounces)		Water (ounces)	
Other Drinks (that are not listed w/ above meals or snacks)		Other Drinks (that are not listed w/ above meals or snacks)	
Activity/Exercise What kind:		Activity/Exercise What kind:	
How long:		How long:	
Relaxation Type:		Relaxation Type:	
How Long:		How Long:	
Sleep Time:			

DAY 7	DATE:		
Wake up:			
Morning Meal			
Time:			
Snack			
Time:			
Mid-Day Meal			
Time:			
Snack			
Time:			
Evening Meal			
Time:			
Snack			
Time:			
Water (ounces)			
Other Drinks (that are not listed w/ above meals or snacks)			
Activity/Exercise What kind:			
How long:			
Relaxation Type:			
How Long:			
Sleep Time:			