

food diary

	breakfast	between	lunch	between	dinner	after
monday date _____ exercise _____ water 00000000 00						
tuesday date _____ exercise _____ water 00000000 00						
wednesday date _____ exercise _____ water 00000000 00						
thursday date _____ exercise _____ water 00000000 00						
friday date _____ exercise _____ water 00000000 00						
saturday date _____ exercise _____ water 00000000 00						
sunday date _____ exercise _____ water 00000000 00						