

# FOOD DIARY

Use this sheet to keep a record of everything you eat and drink

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Morn. Tea</b>	<b>Morn. Tea</b>	<b>Morn. Tea</b>	<b>Morn. Tea</b>	<b>Morn. Tea</b>	<b>Morn. Tea</b>	<b>Morn. Tea</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Aftern. tea</b>	<b>Aftern. tea</b>	<b>Aftern. tea</b>	<b>Aftern. tea</b>	<b>Aftern. tea</b>	<b>Aftern. tea</b>	<b>Aftern. tea</b>
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<b>Before Bed</b>	<b>Before Bed</b>	<b>Before Bed</b>	<b>Before Bed</b>	<b>Before Bed</b>	<b>Before Bed</b>	<b>Before Bed</b>
<b>Exercise / Steps</b>	<b>Exercise / Steps</b>	<b>Exercise / Steps</b>	<b>Exercise / Steps</b>	<b>Exercise / Steps</b>	<b>Exercise / Steps</b>	<b>Exercise / Steps</b>