



Name: _____

Weekly Food Diary

Date / Exercise	Breakfast Time	Snack Time	Lunch Time	Snack Time	Dinner Time	Water	Comments How do you feel?
Mon __/__/__							
Tue __/__/__							
Wed __/__/__							
Thu __/__/__							
Fri __/__/__							
Sat __/__/__							
Sun __/__/__							

Write down everything you eat & drink, the time you eat/drink & any exercise you do. Be as specific as you can.