

WEEK _____

MONDAY	Meal	Time	Food & Beverage	Feeling 1hr later?	Feeling 2hrs later?	Comments/Notes
	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Exercise					

TUESDAY	Meal	Time	Food & Beverage	Feeling 1hr later?	Feeling 2hrs later?	Comments/Notes
	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Exercise					

WEDNESDAY	Meal	Time	Food & Beverage	Feeling 1hr later?	Feeling 2hrs later?	Comments/Notes
	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Exercise					

THURSDAY	Meal	Time	Food & Beverage	Feeling 1hr later?	Feeling 2hrs later?	Comments/Notes
	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Exercise					

FRIDAY	Meal	Time	Food & Beverage	Feeling 1hr later?	Feeling 2hrs later?	Comments/Notes
	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Exercise					

SATURDAY	Meal	Time	Food & Beverage	Feeling 1hr later?	Feeling 2hrs later?	Comments/Notes
	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Exercise					

SUNDAY	Meal	Time	Food & Beverage	Feeling 1hr later?	Feeling 2hrs later?	Comments/Notes
	Breakfast					
	Lunch					
	Dinner					
	Snack					
	Exercise					