## WEEK \_\_\_\_

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

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