



# Food diary

## Contact Information

|         |
|---------|
| Name    |
| Phone   |
| Address |
|         |

## Complete Food Diary ( 5 pages)

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## Things to remember:

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## Day 1

| Time           | Food       | Physical activity |
|----------------|------------|-------------------|
| Wake-up – 12pm | Breakfast: |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 12pm – 6pm     | Lunch:     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 6pm - Bed      | Dinner     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |

**Day 2**

| Time           | Food       | Physical activity |
|----------------|------------|-------------------|
| Wake-up – 12pm | Breakfast: |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 12pm – 6pm     | Lunch:     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 6pm - Bed      | Dinner     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |

**Day 3**

| Time           | Food       | Physical activity |
|----------------|------------|-------------------|
| Wake-up – 12pm | Breakfast: |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 12pm – 6pm     | Lunch:     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 6pm - Bed      | Dinner     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |

**Day 4**

| Time           | Food       | Physical activity |
|----------------|------------|-------------------|
| Wake-up – 12pm | Breakfast: |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 12pm – 6pm     | Lunch:     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 6pm - Bed      | Dinner     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |

**Day 5**

| Time           | Food       | Physical activity |
|----------------|------------|-------------------|
| Wake-up – 12pm | Breakfast: |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 12pm – 6pm     | Lunch:     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 6pm - Bed      | Dinner     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |

**Day 6**

| Time           | Food       | Physical activity |
|----------------|------------|-------------------|
| Wake-up – 12pm | Breakfast: |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 12pm – 6pm     | Lunch:     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 6pm - Bed      | Dinner     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |

**Day 7**

| Time           | Food       | Physical activity |
|----------------|------------|-------------------|
| Wake-up – 12pm | Breakfast: |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 12pm – 6pm     | Lunch:     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |
| 6pm - Bed      | Dinner     |                   |
|                | Snack:     |                   |
|                | Drinks:    |                   |