

Diet Diary

Instructions	Day 1 Wake up:	Day 2 Wake up:	Day 3 Wake up:
<p>NAME: _____</p> <p>Date Started: _____</p> <p>Please fill out this diet diary every day for 7 days.</p> <ol style="list-style-type: none"> 1. Please note the time you get up. 2. Please list and describe all of the food you eat at each meal and snack. Please give the amounts and how it was cooked: raw, baked, fried, grilled etc. 3. Please note the time of each meal and snack. 4. Please note how much water you drink in fluid ounces. Also note any additional beverages you consume that you have not already listed. 5. Please note any exercise you take each day. Note the type of exercise and how long you did it. 6. Please also list any periods of relaxation you did and what kind it was. 7. Lastly, please note the time you went to bed <p>Thanks!</p>	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
	Snack: Time:	Snack: Time:	Snack: Time:
	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
	Snack: Time:	Snack: Time:	Snack: Time:
	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
	Snack: Time:	Snack: Time:	Snack: Time:
	How much water drunk today: Other drinks?	How much water drunk today: Other drinks?	How much water drunk today: Other drinks?
Other: Exercise? Relaxation?	Other: Exercise? Relaxation?	Other: Exercise? Relaxation?	
Time to bed:	Time to bed:	Time to bed:	

Day 4 Wake up: Morning Meal Time:	Day 5 Wake up: Morning Meal Time:	Day 6 Wake up: Morning Meal Time:	Day 7 Wake up: Morning Meal Time:
Snack: Time:	Snack: Time:	Snack: Time:	Snack: Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Snack: Time:	Snack: Time:	Snack: Time:	Snack: Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Snack: Time:	Snack: Time:	Snack: Time:	Snack: Time:
How much water drunk today: Other drinks?	How much water drunk today: Other drinks?	How much water drunk today: Other drinks?	How much water drunk today: Other drinks?
Other: Exercise? Relaxation?	Other: Exercise? Relaxation?	Other: Exercise? Relaxation?	Other: Exercise? Relaxation?
Time to bed:	Time to bed:	Time to bed:	Time to bed: