

# Diet Diary

Instructions	Day 1 Wake up:	Day 2 Wake up:	Day 3 Wake up:
<p><b>NAME:</b> _____</p> <p><b>Date Started:</b> _____</p> <p><b>Please fill out this diet diary every day for 7 days.</b></p> <ol style="list-style-type: none"> <li>1. Please note the time you get up.</li> <li>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.</li> <li>3. Please note the time of each meal and snack.</li> <li>4. Please note how much water you drink in fluid ounces. Also note any additional beverages you consume that you have not already listed.</li> <li>5. Please note any exercise you take each day. Note the type of exercise and how long you did it.</li> <li>6. Please also list any periods of relaxation you did and what kind it was.</li> <li>7. Lastly, please note the time you went to bed</li> </ol> <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:

<b>Day 4 Wake up:</b>	<b>Day 5 Wake up:</b>	<b>Day 6 Wake up:</b>	<b>Day 7 Wake up:</b>
Morning Meal    Time:	Morning Meal    Time:	Morning Meal    Time:	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: