

	Day 1:	Day 2:	Day 3:	Day 4
Morning Meal	Time: _____	Time: _____	Time: _____	Time: _____
Midday Meal	Time: _____	Time: _____	Time: _____	Time: _____
Evening Meal	Time: _____	Time: _____	Time: _____	Time: _____
Snacks	Time: _____ Time: _____	Time: _____ Time: _____	Time: _____ Time: _____	Time: _____ Time: _____
Water/Drinks (not listed with meals above)				
Activity/Exercise (detail type and duration)				
Relaxation/Sleep (detail type and duration)				

	Day 5:	Day 6:	Day 7:	Notes:
Morning Meal	Time: _____	Time: _____	Time: _____	_____ _____ _____
Midday Meal	Time: _____	Time: _____	Time: _____	_____ _____ _____
Evening Meal	Time: _____	Time: _____	Time: _____	_____ _____ _____
Snacks	Time: _____ Time: _____	Time: _____ Time: _____	Time: _____ Time: _____	_____ _____ _____ _____
Water/Drinks (not listed with meals above)				_____ _____ _____
Activity/Exercise (detail type and duration)				_____ _____ _____
Relaxation/Sleep (detail type and duration)				_____ _____ _____