

Daily Food Diary

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cups (250 mL) of water							
Breakfast							
Lunch							
Dinner							
Snack							
Snack							
Extra Prep							
Exercise (Time & Type)							
Digestion (1-5)							
Energy (1-5)							
Mood (1-5)							
Sleep (1-5 & # of Hours)							
Smile/grateful thought							