DIET DIARY

Day 1: _____

D 16 4	
Breakfast	
Lunch	
Lunen	
Dinner	
Snacks	
BildeKS	
Liquids	
Liquius	

Day 2: _____

Breakfast	
Lunch	
Dinner	
Snacks	
Liquids	

Diet plays an important role on our health. Beside the day, write down the date. Under each meal, record the approximate time and what you ate. Note any snacks you have during the day and how much you drink for the entire day. It is best to include at least 3 weekdays and 1 day of the weekend.

DIET DIARY

Day 3: _____

Breakfast	
Lunch	
Dinner	
Snacks	
Liquids	

Day 4: _____

Breakfast	
Lunch	
Dinner	
Snacks	
Liquids	

Diet plays an important role on our health. Beside the day, write down the date. Under each meal, record the approximate time and what you ate. Note any snacks you have during the day and how much you drink for the entire day. It is best to include at least 3 weekdays and 1 day of the weekend.

DIET DIARY

Day 5:_____

Breakfast	
Lunch	
Lunen	
Dinner	
Dimer	
Snacks	
BlideKS	
- · · ·	
Liquids	
-	
Day 6:	
Day 0:	

Diet plays an important role on our health. Beside the day, write down the date. Under each meal, record the approximate time and what you ate. Note any snacks you have during the day and how much you drink for the entire day. It is best to include at least 3 weekdays and 1 day of the weekend.