

# weekly food diary

date:	monday	tuesday	wednesday	thursday	friday	saturday	sunday
breakfast							
lunch							
dinner							
snacks							
glasses of water	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
exercise							
bedtime							
sleep quality							
mood							