

MY DIET DIARY For Week Beginning: ..... My Weight at Start of Week: .....lbs

Day	Food	Drink	Snacks (!)	Exercise Mins
Monday B/Fast				
Monday Lunch				
Monday Dinner				
Tuesday B/Fast				
Tuesday Lunch				
Tuesday Dinner				
Wednesday B/Fast				
Wednesday Lunch				
Wednesday Dinner				
Thursday Breakfast				
Thursday Lunch				
Thursday Dinner				
Friday B/Fast				
Friday Lunch				
Friday Dinner				
Saturday B/Fast				
Saturday Lunch				
Saturday Dinner				
Sunday B/Fast				
Sunday Lunch				
Sunday Dinner				