

# Daily Diet Diary

Instructions	Date: _____ Wake up: _____	Date: _____ Wake up: _____	Date: _____ Wake up: _____
<p><b>NAME:</b> _____</p> <p><b>Date Started:</b> _____</p> <p><b>Please fill out this diet diary as accurately as possible</b></p> <ol style="list-style-type: none"> <li>1. Please note the time you get up.</li> <li>2. Please list what you ate and how you felt afterwards (physically, mentally, emotionally)</li> <li>3. Please note the time of each meal and snack.</li> <li>4. Please note how much water you drink in fluid ounces. Also note any additional beverages you consume that you have not already listed.</li> <li>5. Please note any exercise you perform each day. Note the type of exercise and how long you did it.</li> <li>6. Please also list any periods of relaxation you did and what kind it was.</li> <li>7. Lastly, please note the time you went to bed</li> </ol> <p>Thanks!</p>	Breakfast Time:	Breakfast Time:	Breakfast Time:
	Mid-Morning Snack:      Time:	Mid-Morning Snack:      Time:	Mid-Morning Snack:      Time:
	Lunch Time:	Lunch Time:	Lunch Time:
	Mid-Afternoon Snack:      Time:	Mid-Afternoon Snack:      Time:	Mid-Afternoon Snack:      Time:
	Dinner Time:	Dinner Time:	Dinner Time:
	Bedtime Snack:      Time:	Bedtime Snack:      Time:	Bedtime Snack:      Time:
	How much water drunk today: Other drinks?	How much water drunk today: Other drinks?	How much water drunk today: Other drinks?
	Other: Exercise? Relaxation?	Other: Exercise? Relaxation?	Other: Exercise? Relaxation?
	Time to bed:	Time to bed:	Time to bed: