## DIET DIARY

|                      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|--------|---------|-----------|----------|--------|----------|--------|
|                      |        |         |           |          |        |          |        |
| Breakfast            |        |         |           |          |        |          |        |
| Snacks               |        |         |           |          |        |          |        |
| Lunch                |        |         |           |          |        |          |        |
| Snacks               |        |         |           |          |        |          |        |
| Dinner               |        |         |           |          |        |          |        |
| Snacks               |        |         |           |          |        |          |        |
| Fluids               |        |         |           |          |        |          |        |
| Physical<br>activity |        |         |           |          |        |          |        |