**Diet Diary**

Please list amounts of food (e.g. 1 cup of cornflakes), and exact contents (e.g. salad with 1 cup spinach, ½ a tomato and 4 slices of cucumber).

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| MEALS | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| BREAKFAST |  |  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |  |  |
| DINNER |  |  |  |  |  |  |  |
| SNACKS |  |  |  |  |  |  |  |
| WATER (CUPS) |  |  |  |  |  |  |  |
| FATS/OILS |  |  |  |  |  |  |  |
| CONDIMENTS |  |  |  |  |  |  |  |
| SUPPLEMENTS |  |  |  |  |  |  |  |
| EXERCISE (TIME AND TYPE) |  |  |  |  |  |  |  |

Please make a note if the meal was eaten in a restaurant or was a take-away food item.