Food diary

Week of _____

Day	Breakfast	Lunch	Dinner	Snacks	kcal	Water
Monday						○○○○ ○○○○
Tuesday						○○○○ ○○○○
Wednesday						○○○○ ○○○○
Thursday						○○○○ ○○○○
Friday						○○○○ ○○○○
Saturday						○○○○ ○○○○
Sunday						○○○○ ○○○○

Notes: sleep, mood, how the day went