

WEEK:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							
ACTIVITY/ CALORIES BURNT							
MOOD							

Note: Please specify portion size or even calorie count if you can. Portion sizes can be for example a fist, a cup, teaspoon etc. You can add grams if you know weight of something specific. Ad cooking method to each meal where applicable and if butter or oil was involved in the preparation. Also please specify if you were eating out or staying in. Drinks - if possible, add measurements or specify small or large. Alcohol – please specify size as well as Volume percentage of alcohol. Protein shakes and/or other shakes should be included in this diary. Useful tip - take a photo of your meals.