

DIET DIARY #1

Week of: _____	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Breakfast						
	Fluids						
	Snacks						
	H2O mood, energy, other						
Mid-day	Lunch						
	Fluids						
	Snacks						
	H2O mood, energy, other						
Afternoon	Fluids						
	Snacks						
	H2O mood, energy, other						
Evening	Dinner						
	Fluids						
	Snacks						
	H2O mood, energy, other						
Servings	Protein						
	Healthy Fats						
	Carbohydrates						
	Vegetables						
	Fruit						
	Total H2O						