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|----------------------------|-------|
| Day 2 | Date: |
| Wake up: | |
| Morning Meal | |
| Time: | |
| Snack | |
| Time: | |
| Mid-Day Meal | |
| Time: | |
| Snack | |
| Time: | |
| Evening Meal | |
| Time: | |
| Water (ounces) | |
| Activity / Exercise | |
| What kind: | |
| How long: | |
| Relaxation Type | |
| How long: | |
| Sleep Time: | |

| | |
|----------------------------|-------|
| Day 3 | Date: |
| Wake up: | |
| Morning Meal | |
| Time: | |
| Snack | |
| Time: | |
| Mid-Day Meal | |
| Time: | |
| Snack | |
| Time: | |
| Evening Meal | |
| Time: | |
| Water (ounces) | |
| Activity / Exercise | |
| What kind: | |
| How long: | |
| Relaxation Type | |
| How long: | |
| Sleep Time: | |

