



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

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

<b>Day 4</b>	Date:
<b>Wake up:</b>	
<b>Morning Meal</b>	
Time:	
<b>Snack</b>	
Time:	
<b>Mid-Day Meal</b>	
Time:	
<b>Snack</b>	
Time:	
<b>Evening Meal</b>	
Time:	
<b>Water (ounces)</b>	
<b>Activity / Exercise</b>	
What kind:	
How long:	
<b>Relaxation Type</b>	
How long:	
<b>Sleep Time:</b>	

<b>Day 5</b>	Date:
<b>Wake up:</b>	
<b>Morning Meal</b>	
Time:	
<b>Snack</b>	
Time:	
<b>Mid-Day Meal</b>	
Time:	
<b>Snack</b>	
Time:	
<b>Evening Meal</b>	
Time:	
<b>Water (ounces)</b>	
<b>Activity / Exercise</b>	
What kind:	
How long:	
<b>Relaxation Type</b>	
How long:	
<b>Sleep Time:</b>	

<b>Day 6</b>	Date:
<b>Wake up:</b>	
<b>Morning Meal</b>	
Time:	
<b>Snack</b>	
Time:	
<b>Mid-Day Meal</b>	
Time:	
<b>Snack</b>	
Time:	
<b>Evening Meal</b>	
Time:	
<b>Water (ounces)</b>	
<b>Activity / Exercise</b>	
What kind:	
How long:	
<b>Relaxation Type</b>	
How long:	
<b>Sleep Time:</b>	

<b>Day 7</b>	Date:
<b>Wake up:</b>	
<b>Morning Meal</b>	
Time:	
<b>Snack</b>	
Time:	
<b>Mid-Day Meal</b>	
Time:	
<b>Snack</b>	
Time:	
<b>Evening Meal</b>	
Time:	
<b>Water (ounces)</b>	
<b>Activity / Exercise</b>	
What kind:	
How long:	
<b>Relaxation Type</b>	
How long:	
<b>Sleep Time:</b>	

