Food Diary

Mon Tue Wed Thu Fri Sat Sun

Time	What I Ate & Drank	How Much?	Why?

What Exercise I Did	How Long For	Easy/Hard/Super Hard Intensity

Did I drink 8 glasses of water today?

How Did I Do Today? ☐ **I Rock!** ☐ **Good** ☐ **Okay** ☐ **Try Again Tomorrow**

Things I Did Well and Things I'll Do Better:……..

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