

Day 1

	Amount (cups, Tbl, oz)	Food	Water (cups, oz)
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Exercise (hrs, mins)	
Sleep (hrs, mins)	

Day 2

	Amount (cups, Tbl, oz)	Food	Water (cups, oz)
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Exercise (hrs, mins)	
Sleep (hrs, mins)	

Day 3

	Amount (cups, Tbl, oz)	Food	Water (cups, oz)
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Exercise (hrs, mins)	
Sleep (hrs, mins)	