

# Weekly Food Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Date</b>							
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Snacks</b>							
<b>Drinks</b> (like water, juice, soda, beer, wine or other liquors)							
<b>Exercise</b>							

