

# WEEKLY DIET DIARY

Please complete the following table carefully and accurately. List in detail the quantity and nature of all food consumed (ie: frozen, canned, etc) including any condiments.

| MEAL   | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--|-------|-------|-------|-------|-------|-------|-------|
| BREAKFAST  |       |       |       |       |       |       |       |
| SNACK  |       |       |       |       |       |       |       |
| LUNCH  |       |       |       |       |       |       |       |
| SNACK  |       |       |       |       |       |       |       |
| DINNER   |       |       |       |       |       |       |       |
| SNACK  |       |       |       |       |       |       |       |
| WATER<br>(cups per day)                          |       |       |       |       |       |       |       |
| EXERCISE<br>(type & duration)                    |       |       |       |       |       |       |       |
| BOWEL<br>MOVEMENTS                               |       |       |       |       |       |       |       |
| RELAXATION/<br>MEDITATION                        |       |       |       |       |       |       |       |
| SLEEP (hours)                                    |       |       |       |       |       |       |       |
| ENERGY (1-5)                                     |       |       |       |       |       |       |       |
| DIGESTION<br>(bloating, cramps,<br>nausea, etc.) |       |       |       |       |       |       |       |