

Food Diary: Record every food item you eat and drink everyday

	Day 1 Date.....	Day 2 Date.....	Day 3 Date.....	Day 4 Date.....	Day 5 Date.....	Day 6 Date.....	Day 7 Date.....
Breakfast							
Morning snack							
Lunch							
Afternoon snack							
Evening meal							
Evening snack							
Exercise							

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Breakfast							
Morning snack							
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Afternoon snack							
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Exercise							

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