








Name: \_\_\_\_\_

# Weekly Diary

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE:							
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							
CALORIES							
WATER							
EXERCISE							

Snacks: area may be used for those that eat several small meals a day vs. the big 3

Turn in each **WEDNESDAY**

