

# Diet & Lifestyle Diary

<b>Instructions</b>	<b>Day 1</b> Wake up:	<b>Day 2</b> Wake up:	<b>Day 3</b> Wake up:
<p><b>Date Started:</b> _____</p> <p>Please fill out this diet diary every day.</p> <p>Note the time you get up.</p> <p>List and describe all of the food you eat at each meal and snack. Please give the amounts and how it was cooked: raw, baked, fried, grilled, etc.</p> <p>Note how much fluid you drink in ounces (teas count).</p> <p>Note any exercise you take each day, include how long.</p> <p>List any periods of relaxation you did and what kind it was.</p> <p>Lastly, please note the time you went to bed</p>	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
	Exercise:	Exercise:	Exercise:
	Relaxation:	Relaxation:	Relaxation:
	Time to bed:	Time to bed:	Time to bed:

<b>Day 4</b> Wake up:	<b>Day 5</b> Wake up:	<b>Day 6</b> Wake up:	<b>Day 7</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 8</b> Wake up:	<b>Day 9</b> Wake up:	<b>Day 10</b> Wake up:	<b>Day 11</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 12</b> Wake up:	<b>Day 13</b> Wake up:	<b>Day 14</b> Wake up:	<b>Day 15</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 16</b> Wake up:	<b>Day 17</b> Wake up:	<b>Day 18</b> Wake up:	<b>Day 19</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 20</b> Wake up:	<b>Day 21</b> Wake up:	<b>Day 22</b> Wake up:	<b>Day 23</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 24</b> Wake up:	<b>Day 25</b> Wake up:	<b>Day 26</b> Wake up:	<b>Day 27</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 28</b> Wake up:	<b>Day 29</b> Wake up:	<b>Day 30</b> Wake up:	<b>Day 31</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:



<b>Day 32</b> Wake up:	<b>Day 33</b> Wake up:	<b>Day 34</b> Wake up:	<b>Day 35</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 36</b> Wake up:	<b>Day 37</b> Wake up:	<b>Day 38</b> Wake up:	<b>Day 39</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 40</b> Wake up:	<b>Day 41</b> Wake up:	<b>Day 42</b> Wake up:	<b>Day 43</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 44</b> Wake up:	<b>Day 45</b> Wake up:	<b>Day 46</b> Wake up:	<b>Day 47</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 48</b> Wake up:	<b>Day 49</b> Wake up:	<b>Day 50</b> Wake up:	<b>Day 51</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed:

<b>Day 52</b> Wake up:	<b>Day 53</b> Wake up:	<b>Day 54</b> Wake up:	<b>Day 55</b> Wake up:
Morning Meal Time:	Morning Meal Time:	Morning Meal Time:	Morning Meal Time:
Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:	Mid-Day Meal Time:
Evening Meal Time:	Evening Meal Time:	Evening Meal Time:	Evening Meal Time:
Fluids in ounces:	Fluids in ounces:	Fluids in ounces:	Fluids in ounces:
Exercise:	Exercise:	Exercise:	Exercise:
Relaxation:	Relaxation:	Relaxation:	Relaxation:
Time to bed:	Time to bed:	Time to bed:	Time to bed: