

## Instructions

In your own words, describe a normal day of eating/drinking for you, beginning with when you wake up through the hours accounted for sleep. In addition to providing your consumption details, include any explanation on why you chose to eat at the given time periods (if applicable).

Time	Food Description
<b>Early Morning</b>	
<b>Morning</b>	
<b>Midday</b>	
<b>Afternoon</b>	
<b>Evening</b>	
<b>Late Evening</b>	
<b>Bedtime (Sleeping hours)</b>	