

Food diary <i>Please fill in this food diary being as honest as you can and send it back before our call.</i>	DAY 1 <i>Please circle weekday weekend</i>	DAY 2 <i>Please circle weekday weekend</i>	DAY 3 <i>Please circle weekday weekend</i>
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
DRINKS			
EXERCISE			
MOOD/ HEALTH NOTES/ COMMENTS			