

Date	Time	Location	Reason for Eating	How do you feel?	Food	Serving Size
<i>Meal 1</i>						
<i>Meal 2</i>						
<i>Meal 3</i>						
<i>Meal 4</i>						
<i>Meal 5</i>						
<i>Meal 6</i>						

Date	Time	Location	Type of Exercise	Duration	How do you feel?
<i>Exercise</i>					