Day:	Nay:				
Meal/ Food Item:	Calories:		Meal/	Food Item:	Calories:
Breakfast:			Breakfast	:	
Snack:		-	Snack:		
Lunch:			Lunch:		
Snack:		-	Snack:		
Chaok.			Oridon.		
		-			
Dinner:			Dinner:		
Snack:		-	Snack:		
Shack.			Shack:		
Daily Total:				Daily Total:	
		•		·	
Haily Habits:		Vaily Habits:			
Water:		hater			
Fuits/Veggies:		Fruits/Veggies:			
Exercise:		Exercise:			