





Monday		
Meal/Time	Description	Beverages Count too!
Breakfast ⌚ Time: _____		How many of these beverages do you consume daily? (1 Serving = 8oz)
Snack ⌚ Time: _____		_____ Water
		_____ Black coffee
		_____ Coffee with cream and/or sugar
Lunch ⌚ Time: _____		_____ Milk
		_____ Plain tea
		_____ Tea with cream and/or sugar
Snack ⌚ Time: _____		_____ Fruit juice
		_____ Soda
		_____ Energy drinks
Dinner ⌚ Time: _____		_____ Alcohol
		1 Serving of Beer= 12 oz
		1 Serving of Wine = 5 oz
		1 Serving of Liquor = 1.5 oz
Snack ⌚ Time: _____		
Sleep	3 4 5 6 7 8 9 10	
Physical Activity		
Energy Level		





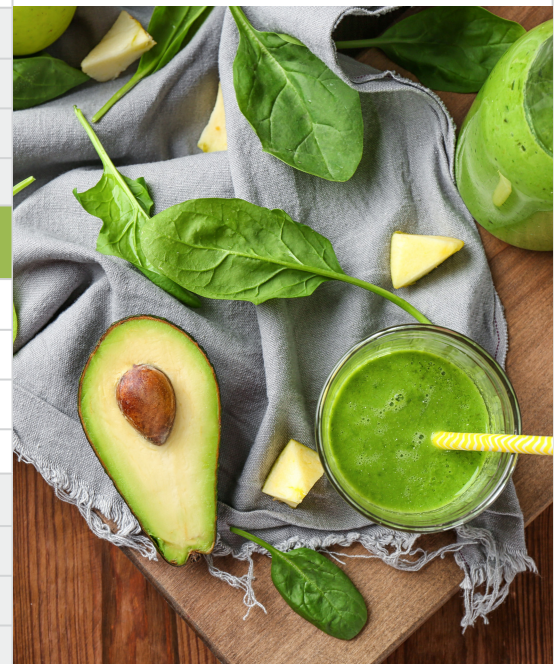
Tuesday		
Meal/Time	Description	Beverages Count too!
Breakfast ⌚ Time: _____		How many of these beverages do you consume daily? (1 Serving = 8oz)
Snack ⌚ Time: _____		<div><input type="checkbox"/> Water</div> <div><input type="checkbox"/> Black coffee</div> <div><input type="checkbox"/> Coffee with cream and/or sugar</div> <div><input type="checkbox"/> Milk</div> <div><input type="checkbox"/> Plain tea</div> <div><input type="checkbox"/> Tea with cream and/or sugar</div> <div><input type="checkbox"/> Fruit juice</div> <div><input type="checkbox"/> Soda</div> <div><input type="checkbox"/> Energy drinks</div> <div><input type="checkbox"/> Alcohol</div> <div>1 Serving of Beer= 12 oz</div> <div>1 Serving of Wine = 5 oz</div> <div>1 Serving of Liquor = 1.5 oz</div>
Lunch ⌚ Time: _____		
Snack ⌚ Time: _____		
Dinner ⌚ Time: _____		
Snack ⌚ Time: _____		
Sleep	3 4 5 6 7 8 9 10	
Physical Activity		
Energy Level		



Wednesday		
Meal/Time	Description	Beverages Count too!
Breakfast ⌚ Time: _____		How many of these beverages do you consume daily? (1 Serving = 8oz)
Snack ⌚ Time: _____		_____ Water
		_____ Black coffee
		_____ Coffee with cream and/or sugar
Lunch ⌚ Time: _____		_____ Milk
		_____ Plain tea
		_____ Tea with cream and/or sugar
Snack ⌚ Time: _____		_____ Fruit juice
		_____ Soda
		_____ Energy drinks
Dinner ⌚ Time: _____		_____ Alcohol
		1 Serving of Beer= 12 oz
		1 Serving of Wine = 5 oz
		1 Serving of Liquor = 1.5 oz
Snack ⌚ Time: _____		
Sleep	3 4 5 6 7 8 9 10	
Physical Activity		
Energy Level		



Thursday		
Meal/Time	Description	Beverages Count too!
Breakfast ⌚ Time: _____		How many of these beverages do you consume daily? (1 Serving = 8oz)
Snack ⌚ Time: _____		_____ Water
		_____ Black coffee
		_____ Coffee with cream and/or sugar
Lunch ⌚ Time: _____		_____ Milk
		_____ Plain tea
		_____ Tea with cream and/or sugar
Snack ⌚ Time: _____		_____ Fruit juice
		_____ Soda
		_____ Energy drinks
Dinner ⌚ Time: _____		_____ Alcohol
		1 Serving of Beer= 12 oz
		1 Serving of Wine = 5 oz
		1 Serving of Liquor = 1.5 oz
Snack ⌚ Time: _____		
Sleep	3 4 5 6 7 8 9 10	
Physical Activity		
Energy Level		





Friday										
Meal/Time	Description								Beverages Count too!	
Breakfast Time: _____									How many of these beverages do you consume daily? (1 Serving = 8oz)	
Snack Time: _____									<div><input type="checkbox"/> Water</div> <div><input type="checkbox"/> Black coffee</div> <div><input type="checkbox"/> Coffee with cream and/or sugar</div> <div><input type="checkbox"/> Milk</div> <div><input type="checkbox"/> Plain tea</div> <div><input type="checkbox"/> Tea with cream and/or sugar</div> <div><input type="checkbox"/> Fruit juice</div> <div><input type="checkbox"/> Soda</div> <div><input type="checkbox"/> Energy drinks</div> <div><input type="checkbox"/> Alcohol</div> <div>1 Serving of Beer= 12 oz</div> <div>1 Serving of Wine = 5 oz</div> <div>1 Serving of Liquor = 1.5 oz</div>	
Lunch Time: _____										
Snack Time: _____										
Dinner Time: _____										
Snack Time: _____										
Sleep	3	4	5	6	7	8	9	10		
Physical Activity										
Energy Level										



Saturday		
Meal/Time	Description	Beverages Count too!
Breakfast ⌚ Time: _____		How many of these beverages do you consume daily? (1 Serving = 8oz)
Snack ⌚ Time: _____		_____ Water
		_____ Black coffee
		_____ Coffee with cream and/or sugar
Lunch ⌚ Time: _____		_____ Milk
		_____ Plain tea
		_____ Tea with cream and/or sugar
Snack ⌚ Time: _____		_____ Fruit juice
		_____ Soda
		_____ Energy drinks
Dinner ⌚ Time: _____		_____ Alcohol
		1 Serving of Beer= 12 oz
		1 Serving of Wine = 5 oz
		1 Serving of Liquor = 1.5 oz
Snack ⌚ Time: _____		
Sleep	3 4 5 6 7 8 9 10	
Physical Activity		
Energy Level		





Sunday		
Meal/Time	Description	Beverages Count too!
Breakfast ⌚ Time: _____		How many of these beverages do you consume daily? (1 Serving = 8oz)
Snack ⌚ Time: _____		<div><input type="checkbox"/> Water</div> <div><input type="checkbox"/> Black coffee</div> <div><input type="checkbox"/> Coffee with cream and/or sugar</div> <div><input type="checkbox"/> Milk</div> <div><input type="checkbox"/> Plain tea</div> <div><input type="checkbox"/> Tea with cream and/or sugar</div> <div><input type="checkbox"/> Fruit juice</div> <div><input type="checkbox"/> Soda</div> <div><input type="checkbox"/> Energy drinks</div> <div><input type="checkbox"/> Alcohol</div> <div>1 Serving of Beer= 12 oz</div> <div>1 Serving of Wine = 5 oz</div> <div>1 Serving of Liquor = 1.5 oz</div>
Lunch ⌚ Time: _____		
Snack ⌚ Time: _____		
Dinner ⌚ Time: _____		
Snack ⌚ Time: _____		
Sleep	3 4 5 6 7 8 9 10	
Physical Activity		
Energy Level		