Food Diary

NAME:...

WEEK:...

DATE:...

The idea of food records are to visually lay out what you've consumed within a week. All the good, the bad and the ugly. Only when we can see where you are at now can we make improvements for the future.

Remember, the idea isn't to be perfect right away, it's to slowly create now habits to replace old to turn your good intentions into a lifestyle.

Note: Reminder, exercise window is 3 hours from the start of your workout.

MONDAY

	MEAL TYPE	TIME OF DAY	METABOLICALLY PRECISE CHOICE
MEAL 1			
MEAL 2			
MEAL 3			
MEAL 4			
MEAL 5			
MEAL 6			

TUESDAY

	MEAL TYPE	TIME OF DAY	METABOLICALLY PRECISE CHOICE
MEAL 1			
MEAL 2			
MEAL 3			
MEAL 4			
MEAL 5			
MEAL 6			

WEDNESDAY

	MEAL TYPE	TIME OF DAY	METABOLICALLY PRECISE CHOICE
MEAL 1			
MEAL 2			
MEAL 3			
MEAL 4			
MEAL 5			
MEAL 6			

THURSDAY

	MEAL TYPE	TIME OF DAY	METABOLICALLY PRECISE CHOICE
MEAL 1			
MEAL 2			
MEAL 3			
MEAL 4			
MEAL 5			
MEAL 6			

FRIDAY

	MEAL TYPE	TIME OF DAY	METABOLICALLY PRECISE CHOICE
MEAL 1			
MEAL 2			
MEAL 3			
MEAL 4			
MEAL 5			
MEAL 6			

SATURDAY

	MEAL TYPE	TIME OF DAY	METABOLICALLY PRECISE CHOICE
MEAL 1			
MEAL 2			
MEAL 3			
MEAL 4			
MEAL 5			
MEAL 6			

SUNDAY

	MEAL TYPE	TIME OF DAY	METABOLICALLY PRECISE CHOICE
MEAL 1			
MEAL 2			
MEAL 3			
MEAL 4			
MEAL 5			
MEAL 6			

FIT BODY FOUNDATIONS

BMFit