WEEKLY DIARY

	Day/Date:	Day/Date	Day/Date:	Day/Date:	Day/Date:	Day/Date:	Day/Date:
BREAKFAST							
LUNCH							
DINNER							
SNACK							
ONLY EXCHANGES							
____ Fruit	□□□	□□□	□□□	□□□	□□□	□□□	□□□
____ Vegetables	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□
____ Milk	□□	□□	□□	□□	□□	□□	□□
____ Bread	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
____ Fat (Maintenance)	□□	□□	□□	□□	□□	□□	□□
____ Protein	□□□□□□□□□	□□□□□□□□□	□□□□□□□□□	□□□□□□□□□	□□□□□□□□□	□□□□□□□□□	□□□□□□□□□
Total Calories	Calories	Calories	Calories	Calories	Calories	Calories	Calories
WATER	□□□□□□□□ □□□□□□□□ □□□□□□□□	□□□□□□□□ □□□□□□□□ □□□□□□□□	□□□□□□□□ □□□□□□□□ □□□□□□□□	□□□□□□□□ □□□□□□□□ □□□□□□□□	□□□□□□□□ □□□□□□□□ □□□□□□□□	□□□□□□□□ □□□□□□□□ □□□□□□□□	□□□□□□□□ □□□□□□□□ □□□□□□□□
EXERCISE							