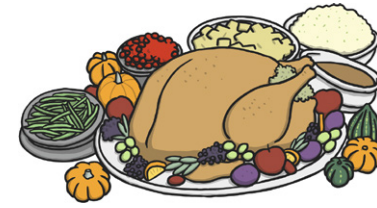


My Food Diary



List the foods you eat each day of the week.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Tea | | | | | | | |
| Supper | | | | | | | |
| Snack | | | | | | | |
| Snack | | | | | | | |
| Exercise | | | | | | | |
| Good Day? 😊 | | | | | | | |