

my FOOD DIARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	/ / ☹ ☹ ☹	/ / ☹ ☹ ☹	/ / ☹ ☹ ☹	/ / ☹ ☹ ☹	/ / ☹ ☹ ☹	/ / ☹ ☹ ☹	/ / ☹ ☹ ☹
Exercise							