

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Snack</b>							
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							
<b>Snack</b>							
<b>Beverage</b>							

**Instructions**

Please record a log of your diet using the above table. You may record for only a few days as this exercise is not meant to increase stress levels.