|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breakfast: | Breakfast: | Breakfast: | Breakfast: | Breakfast: | Breakfast: | Breakfast: |
| Lunch: | Lunch: | Lunch: | Lunch: | Lunch: | Lunch: | Lunch: |
| Dinner: | Dinner: | Dinner: | Dinner: | Dinner: | Dinner: | Dinner: |
| Snack: | Snack: | Snack: | Snack: | Snack: | Snack: | Snack: |
| Water intake (oz): | Water intake (oz): | Water intake (oz): | Water intake (oz): | Water intake (oz): | Water intake (oz): | Water intake (oz): |
| Physical Activity: L/M/H  Min:\_\_\_\_\_\_ | Physical Activity: L/M/H  Min:\_\_\_\_\_\_ | Physical Activity: L/M/H  Min:\_\_\_\_\_\_ | Physical Activity: L/M/H  Min:\_\_\_\_\_\_ | Physical Activity: L/M/H  Min:\_\_\_\_\_\_ | Physical Activity: L/M/H  Min:\_\_\_\_\_\_ | Physical Activity: L/M/H  Min:\_\_\_\_\_\_ |