



















# WEEKLY FOOD DIARY



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Morning</b>							
10.00							
<b>Noon</b>							
16.00							
<b>Evening</b>							
<b>Exercise</b> Walking, swimming, yoga, pilates							
<b>Drink</b> 8 glasses of water							


**Don't skip meals**

**Find your feel-good foods**

**Exercise every day**
