My Food and Beverage Diary Date:_

Monday			Tuesday
Breakfast		Breakfast	
Snack		Snack	
Lunch		Lunch	
Snack		Snack	
Dinner		Dinner	
Snack		Snack	

Wednesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Thursday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Friday		
Breakfast		Br
Snack		Sr
Lunch		Lu
Snack		Sr
Dinner		Di
Snack		Sr

Saturday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Sunday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

I	Notes:

Learn more at https://www.cdc.gov/healthy-weight-growth/losing-weight/improve-eating-habits.html

