

7-DAY DIET & LIFESTYLE DIARY



Achieving, maintaining, and promoting health throughout life.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SLEEP							
Time to bed							
Time I arose							
Quantity of sleep							
Quality of sleep (0-poor, 10-best sleep ever)							
DIET							
Morning meal							
Time							
Snack							
Time							
Lunch							
Time							
Snack							
Time							
Dinner							
Time							
Snack							
Time							
Water (cups/day)							
EXERCISE							
Time							
Duration							
NATURAL LIGHT							
Duration							
RELAXATION ACTIVITY							
Duration							