DD/MM/YYYY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Awake	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM
Standing	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM
Meal 1	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM
Multi-Vitamin	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Omega-3	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Meal 2	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM
Meal 3	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM
Fruits and Vegitables *1 medium fruit* *125ml juice* *125ml fresh/canned* *250ml leafy*	☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐	☐☐☐☐☐ ☐☐☐☐☐
Grain Products *1 slice* *1/2 bagel* *125ml rice* *30g cereal*	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐
Milk and Alternatives *250ml milk* *175g yoghurt* *50g cheese*	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐	☐☐
Meat and Alternatives *75g meat* *2 eggs* *30ml nut butter* *175g beans*	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐	☐☐☐
Water (250ml * 8)	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐	☐☐☐☐ ☐☐☐☐
Exercise (10 minutes x 6)	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐	☐☐☐ ☐☐☐
Mood (-1 to 1)	___	___	___	___	___	___	___
Sleep (-1 to 1)	___	___	___	___	___	___	___
Energy (-1 to 1)	___	___	___	___	___	___	___
In Bed	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM
Off Electronics	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM	___:___ AM PM