

## Tuesday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	

## Wednesday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	

# Thursday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	

# Monday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	

# Saturday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	



Challenge

*Living a Healthy Active Lifestyle*

## **My diet diary**

Name .....

# Friday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	