

Friday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	

Saturday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	

Sunday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	

Thursday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	

Tuesday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	



Challenge

Living a Healthy Active Lifestyle

My diet diary

Name

Monday

Breakfast	
Snacks	
Lunch	
Snacks	
Tea	
Snacks	
Drinks	