

# Wednesday

|           |  |
|-----------|--|
| Breakfast |  |
| Snacks    |  |
| Lunch     |  |
| Snacks    |  |
| Tea       |  |
| Snacks    |  |
| Drinks    |  |
|           |  |
|           |  |
|           |  |

# Thursday

|           |  |
|-----------|--|
| Breakfast |  |
| Snacks    |  |
| Lunch     |  |
| Snacks    |  |
| Tea       |  |
| Snacks    |  |
| Drinks    |  |
|           |  |
|           |  |
|           |  |

# Friday

|           |  |
|-----------|--|
| Breakfast |  |
| Snacks    |  |
| Lunch     |  |
| Snacks    |  |
| Tea       |  |
| Snacks    |  |
| Drinks    |  |
|           |  |
|           |  |
|           |  |

# Tuesday

|           |  |
|-----------|--|
| Breakfast |  |
| Snacks    |  |
| Lunch     |  |
| Snacks    |  |
| Tea       |  |
| Snacks    |  |
| Drinks    |  |
|           |  |
|           |  |
|           |  |

# Sunday

|           |  |
|-----------|--|
| Breakfast |  |
| Snacks    |  |
| Lunch     |  |
| Snacks    |  |
| Tea       |  |
| Snacks    |  |
| Drinks    |  |
|           |  |
|           |  |
|           |  |



Challenge

*Living a Healthy Active Lifestyle*

## **My diet diary**

Name .....

# Saturday

|           |  |
|-----------|--|
| Breakfast |  |
| Snacks    |  |
| Lunch     |  |
| Snacks    |  |
| Tea       |  |
| Snacks    |  |
| Drinks    |  |
|           |  |
|           |  |
|           |  |