


# Daily Food Diary

Day: \_\_\_\_\_

<b>fasting level</b>	<b>Breakfast</b>	<b>after breakfast</b>
target <input type="text"/>		target <input type="text"/>
reading <input type="text"/>		reading <input type="text"/>
	<b>Morning Snack</b>	
<b>pre-lunch</b>	<b>Lunch</b>	<b>after lunch</b>
target <input type="text"/>		target <input type="text"/>
reading <input type="text"/>		reading <input type="text"/>
	<b>Afternoon Snack</b>	
<b>pre-dinner</b>	<b>Dinner</b>	<b>after dinner</b>
target <input type="text"/>		target <input type="text"/>
reading <input type="text"/>		reading <input type="text"/>
	<b>Evening/Bedtime Snack</b>	<b>before bed</b>
		target <input type="text"/>
		reading <input type="text"/>
	<b>Drinks</b>	
<b>Water:</b>		

Some days are better, some days are worse. Look for the blessing instead of the curse. Be positive, stay strong, get enough rest. You can't do it all, but you can do your best!