

Day 4—Date: _____

BREAKFAST Time: _____

Meat and dairy: _____

Vegetables and fruits: _____

Breads, cereals, and grains: _____

Fats (butter, margarine, oil, etc.): _____

Candy, sweets, and junk food: _____

Water intake (fl. oz.): _____

Other drinks: _____

MIDMORNING SNACK Time: _____

Snack: _____

Bowel movements (number and consistency): _____

LUNCH Time: _____

MIDDAY SNACK Time: _____

Hours of sleep: _____

DINNER Time: _____

NIGHTTIME SNACK Time: _____

Quality of sleep: (good) 1 2 3 4 5 (poor)

Day 5—Date: _____

BREAKFAST Time: _____

Meat and dairy: _____

Vegetables and fruits: _____

Breads, cereals, and grains: _____

Fats (butter, margarine, oil, etc.): _____

Candy, sweets, and junk food: _____

Water intake (fl. oz.): _____

Other drinks: _____

MIDMORNING SNACK Time: _____

Snack: _____

Bowel movements (number and consistency): _____

LUNCH Time: _____

MIDDAY SNACK Time: _____

Hours of sleep: _____

DINNER Time: _____

NIGHTTIME SNACK Time: _____

Quality of sleep: (good) 1 2 3 4 5 (poor)

Day 6—Date: _____

BREAKFAST Time: _____

Meat and dairy: _____

Vegetables and fruits: _____

Breads, cereals, and grains: _____

Fats (butter, margarine, oil, etc.): _____

Candy, sweets, and junk food: _____

Water intake (fl. oz.): _____

Other drinks: _____

MIDMORNING SNACK Time: _____

Snack: _____

Bowel movements (number and consistency): _____

LUNCH Time: _____

MIDDAY SNACK Time: _____

Hours of sleep: _____

DINNER Time: _____

NIGHTTIME SNACK Time: _____

Quality of sleep: (good) 1 2 3 4 5 (poor)

Day 7—Date: _____

BREAKFAST Time: _____

Meat and dairy: _____

Vegetables and fruits: _____

Breads, cereals, and grains: _____

Fats (butter, margarine, oil, etc.): _____

Candy, sweets, and junk food: _____

Water intake (fl. oz.): _____

Other drinks: _____

MIDMORNING SNACK Time: _____

Snack: _____

Bowel movements (number and consistency): _____

LUNCH Time: _____

MIDDAY SNACK Time: _____

Hours of sleep: _____

DINNER Time: _____

NIGHTTIME SNACK Time: _____

Quality of sleep: (good) 1 2 3 4 5 (poor)