

**Day 4 - Date:**

**BREAKFAST** Time:

Meat & Dairy:

Vegetables & Fruits:

Breads, Cereals, & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. oz.):

Other Drinks:

**MID-MORNING SNACK** Time:

Snack:

**Bowel Movements**(# and consistency):

**LUNCH** Time:

**MID-DAY 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 & Dairy:

Vegetables & Fruits:

Breads, Cereals, & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. oz.):

Other Drinks:

**MID-MORNING SNACK** Time:

Snack:

**Bowel Movements**(# and consistency):

**LUNCH** Time:

**MID-DAY 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 & Dairy:

Vegetables & Fruits:

Breads, Cereals, & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. oz.):

Other Drinks:

**MID-MORNING SNACK** Time:

Snack:

**Bowel Movements**(# and consistency):

**LUNCH** Time:

**MID-DAY 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 & Dairy:

Vegetables & Fruits:

Breads, Cereals, & Grains:

Fats (butter, margarine, oils, etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. oz.):

Other Drinks:

**MID-MORNING SNACK** Time:

Snack:

**Bowel Movements**(# and consistency):

**LUNCH** Time:

**MID-DAY SNACK** Time:

**Hours of Sleep:**

**DINNER** Time:

**NIGHTTIME SNACK** Time:

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