

Weekly Food Diary

This one-sheet is specially designed to help you analyze your eating patterns by recording your food intake for a week.

All you have to do is to print this page and follow the folding instructions at our website.

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If found, please return to:

Name: _____

Tel No: _____

Email: _____

Food Diary

Amount	Meal/Snack	Time	Activity
Breakfast			
Lunch			
Dinner			
Snacks/Other			

Food Diary

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Breakfast			
Lunch			
Dinner			
Snacks/Other			

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Amount	Meal/Snack	Time	Activity
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