



Weekly Food Diary

| Day | Breakfast | Lunch | Dinner | Snacks | Water | Exercise | Vitamins & Minerals |
|-----------|-----------|-------|--------|--------|-------|----------|---------------------------------------|
| Monday | | | | | | | Multi-Vita: Cal-Mag: Potas-Cal: |
| Tuesday | | | | | | | Multi-Vita: Cal-Mag: Potas-Cal: |
| Wednesday | | | | | | | Multi-Vita: Cal-Mag: Potas-Cal: |
| Thursday | | | | | | | Multi-Vita: Cal-Mag: Potas-Cal: |
| Friday | | | | | | | Multi-Vita: Cal-Mag: Potas-Cal: |
| Saturday | | | | | | | Multi-Vita: Cal-Mag: Potas-Cal: |
| Sunday | | | | | | | Multi-Vita: Cal-Mag: Potas-Cal: |

Name: _____ Week of: _____