

**Day 4 - Date:****BREAKFAST** Time:

Meat &amp; Dairy:

Vegetables &amp; Fruits:

Breads, Cereals, &amp; Grains:

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

Candy, Sweets, &amp; Junk Food:

Water Intake (fl. oz.):

Other Drinks:

**LUNCH** Time:**DINNER** Time:**MID-MORNING SNACK** Time:**MID-DAY SNACK** Time:**NIGHTTIME SNACK** Time:

Snack:

**Bowel Movements**(# and consistency):**Hours of Sleep:****Quality of Sleep:** (good) 1 2 3 4 5 (poor)**Day 5 - Date:****BREAKFAST** Time:**LUNCH** Time:**DINNER** Time:

Meat &amp; Dairy:

Vegetables &amp; Fruits:

Breads, Cereals, &amp; Grains:

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

Candy, Sweets, &amp; Junk Food:

Water Intake (fl. oz.):

Other Drinks:

**MID-MORNING SNACK** Time:**MID-DAY SNACK** Time:**NIGHTTIME SNACK** Time:

Snack:

**Bowel Movements**(# and consistency):**Hours of Sleep:****Quality of Sleep:** (good) 1 2 3 4 5 (poor)**Day 6 - Date:****BREAKFAST** Time:**LUNCH** Time:**DINNER** Time:

Meat &amp; Dairy:

Vegetables &amp; Fruits:

Breads, Cereals, &amp; Grains:

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

Candy, Sweets, &amp; Junk Food:

Water Intake (fl. oz.):

Other Drinks:

**MID-MORNING SNACK** Time:**MID-DAY SNACK** Time:**NIGHTTIME SNACK** Time:

Snack:

**Bowel Movements**(# and consistency):**Hours of Sleep:****Quality of Sleep:** (good) 1 2 3 4 5 (poor)**Day 7 - Date:****BREAKFAST** Time:**LUNCH** Time:**DINNER** Time:

Meat &amp; Dairy:

Vegetables &amp; Fruits:

Breads, Cereals, &amp; Grains:

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

Candy, Sweets, &amp; Junk Food:

Water Intake (fl. oz.):

Other Drinks:

**MID-MORNING SNACK** Time:**MID-DAY SNACK** Time:**NIGHTTIME SNACK** Time:

Snack:

**Bowel Movements**(# and consistency):**Hours of Sleep:****Quality of Sleep:** (good) 1 2 3 4 5 (poor)