



Day _

Date:	Breakfast	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal
high

1	2	3	4	5
Trainer comments				



Day _

Date:	Lunch	Time:
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Please write in the box the food contained in your meal:

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Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal
high

1	2	3	4	5
Trainer comments				



Day _

Date: _____ Dinner _____ Time: _____

Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal
high

1	2	3	4	5
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Trainer comments