

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:
<b>WAKE UP – TIME:</b>							
<b>EXERCISE TYPE:</b>							
<b>TIME:</b>							
<b>DURATION:</b>							
<b>RELAXATION TYPE:</b>							
<b>TIME:</b>							
<b>DURATION:</b>							
<b>TIME TO BED:</b>							

<b>No. OF GLASSES OF WATER:</b>							
<b>OTHER DRINKS:</b>							

ompleting this diary helps you recognise a great many things, such as the time you are hungry or more active or what you might be consuming that is not going to help your weight loss. It is also worth taking note of how you felt emotionally. Did you feel elated after food, such as sluggish etc or were you feeling down before food.