Lifestyle Diary for:				
E-mail: Phone:				
Day of the Week:				
Morning	Awake @	Eat @	Leave @	
Diet		T. F. (F.)		
☐ Home Cooked What:	□ Packaged	□ Fast Food		
vviiat.				
		Activities		
Day	Start @	Eat @	Leave @	
Diet			1	
□ From Home	□ Restaurant	□ Fast Food		_
What:				
		Activities		
Evening	Home @	Eat @	Tasks end @	
Diet				
□ Home Cooked	□ Packaged	□ Takeout	□ Fast Food	
What:				
Activities				
Night	Bed @			
Snacks:				
		Before Bed Activities		
		25/5/5 254 / 10///11/05		

Lifestyle Diary	for:		
E-mail:		Phone:	
Day of the Week:			
Morning	Awake @	Eat @	Leave @
Diet		1	1
□ Home Cooked	□ Packaged	□ Fast Food	
What:			
		Activities	
		·	
Day	Start @	Eat @	Leave @
Diet	J.a.r.	24. 0	250.7 ©
□ From Home	□ Restaurant	□ Fast Food	
What:			
		Activities	
Evening	Home @	Eat @	Tasks end @
Diet	_		
□ Home Cooked	□ Packaged	□ Takeout	□ Fast Food
What:		•	
		A (* '(*	
		Activities	
Night	Bed @		
Snacks:	1		
		Before Bed Activities	5
1			

Lifestyle Diary for:				
E-mail: Phone:				
Day of the Week:				
Morning	Awake @	Eat @	Leave @	
Diet	Dealeanad	FactFacel		
☐ Home Cooked What:	□ Packaged	□ Fast Food		
vviiat.				
		Activities		
Day	Start @	Eat @	Leave @	
Diet	T = .		1	
□ From Home What:	□ Restaurant	□ Fast Food		
vvnat.				
		Activities		
Evening	Home @	Eat @	Tasks end @	
Diet				
□ Home Cooked	□ Packaged	□ Takeout	□ Fast Food	
What:				
Activities				
Night	Bed @			
Snacks:	1			
		Before Bed Activities		
		25.5.5 256 / 1011/11/00		

Lifestyle Diary	for:		
E-mail:		Phone:	
Day of the Week:			
Morning	Awake @	Eat @	Leave @
Diet			1 22 2
□ Home Cooked	□ Packaged	□ Fast Food	
What:			
		Activities	
		·	
Day	Start @	Eat @	Leave @
Diet	J.a.r.	24.0	250.75
□ From Home	□ Restaurant	□ Fast Food	
What:			
		Activities	
Evening	Home @	Eat @	Tasks end @
Diet		1 - 311 - 3	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
□ Home Cooked	□ Packaged	□ Takeout	□ Fast Food
What:	,		
		Activities	
Night	Bed @		
Snacks:	1		
		Before Bed Activities	<u> </u>

Lifestyle Diary for:				
E-mail: Phone:				
Day of the Week:				
Morning	Awake @	Eat @	Leave @	
Diet		T. F. (F.)		
☐ Home Cooked What:	□ Packaged	□ Fast Food		
vviiat.				
		Activities		
Day	Start @	Eat @	Leave @	
Diet	T. Desta seed	T. Forter I		
□ From Home What:	□ Restaurant	□ Fast Food		
vviiat.				
		Activities		
Evening	Home @	Eat @	Tasks end @	
Diet				
□ Home Cooked	□ Packaged	□ Takeout	□ Fast Food	
What:				
Activities				
Night	Bed @			
Snacks:				
		Before Bed Activities		
		25/5/5 254 / 10///11/05		

Lifestyle Diary	for:		
E-mail:		Phone:	
Day of the Week:			
Morning	Awake @	Eat @	Leave @
Diet		1-3.1 0	1
□ Home Cooked	□ Packaged	□ Fast Food	
What:			
		Activities	
		·	
Day	Start @	Eat @	Leave @
Diet	J.a.r.	24. 0	250.7 ©
□ From Home	□ Restaurant	□ Fast Food	
What:			
		Activities	
Evening	Home @	Eat @	Tasks end @
Diet	_		
□ Home Cooked	□ Packaged	□ Takeout	□ Fast Food
What:		•	
		A (* '(*	
		Activities	
Night	Bed @		
Snacks:	1		
		Before Bed Activities	5
1			

Lifestyle Diary	for:			
E-mail:		Phone	:	
Day of the Week:		<u> </u>		
Morning	Awake @	Eat @	Leave @	
Diet		1		
□ Home Cooked	□ Packaged	□ Fast Food		
What:				
		Activities		
Day	Start @	Eat @	Leave @	
Diet				
□ From Home	□ Restaurant	□ Fast Food		
What:				
		Activities		
Evening	Home @	Eat @	Tasks end @	
Diet		<u> </u>	•	
□ Home Cooked	□ Packaged	□ Takeout	□ Fast Food	
What:				
		Activities		
		Activities		
Night	Bed @			
Snacks:				
		Before Bed Activit	ies	
	·			

Summary of How You Feel

	Day 1 Summary:
I felt like:	
	Day 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
I felt like:	Day 2 Summary:
	Day 3 Summary:
I felt like:	
	Day 4 Summary:
I felt like:	Day 4 Summary.
1.6.16.19	Day 5 Summary:
I felt like:	
	Day 6 Summary:
I felt like:	
I felt like:	Day 7 Summary: