

Slimming Daily Food Diary EATS Date

Date: ____

| MEAL | VALUES | EXIKAS |
|------------|--------|--|
| | | |
| Breakfast: | | Exercise: |
| | | |
| | | |
| Lunch: | | |
| | | |
| | | |
| Dinner: | | Water Intake: |
| | | |
| | | 5 a day (Fruit/Vegetables): |
| Snacks: | | |
| STUURS: | | Today's Mood: |
| | | $\left \begin{array}{c} \hline \\ \hline $ |
| | | $\left \begin{array}{c} \hline \\ \hline $ |