

Name \_\_\_\_\_

**Day 1 -- Day** \_\_\_\_\_ **Date** \_\_\_\_\_

**BREAKFAST** Time \_\_\_\_\_ **LUNCH** Time \_\_\_\_\_ **DINNER** Time \_\_\_\_\_

Meat & Dairy \_\_\_\_\_ Total Carbs \_\_\_\_\_

Vegetables & Fruits \_\_\_\_\_

Breads, Grains, Seeds, Nuts \_\_\_\_\_ Total Protein \_\_\_\_\_

Fats \_\_\_\_\_

Candy, Sweets, Junk Food \_\_\_\_\_ Total Fat \_\_\_\_\_

Water Intake (fl oz) \_\_\_\_\_

Other Drinks \_\_\_\_\_

**MIDMORNING SNACK** Time \_\_\_\_\_ **MIDDAY SNACK** Time \_\_\_\_\_ **NIGHTTIME SNACK** Time \_\_\_\_\_ Total Calories \_\_\_\_\_

Snack \_\_\_\_\_

BOWEL MOVEMENTS (number and consistency) Hours of Sleep \_\_\_\_\_ Quality of Sleep (good) 1 2 3 4 5 (poor) \_\_\_\_\_

**Day 2 -- Day** \_\_\_\_\_ **Date** \_\_\_\_\_

**BREAKFAST** Time \_\_\_\_\_ **LUNCH** Time \_\_\_\_\_ **DINNER** Time \_\_\_\_\_

Meat & Dairy \_\_\_\_\_ Total Carbs \_\_\_\_\_

Vegetables & Fruits \_\_\_\_\_

Breads, Grains, Seeds, Nuts \_\_\_\_\_ Total Protein \_\_\_\_\_

Fats \_\_\_\_\_

Candy, Sweets, Junk Food \_\_\_\_\_ Total Fat \_\_\_\_\_

Water Intake (fl oz) \_\_\_\_\_

Other Drinks \_\_\_\_\_

**MIDMORNING SNACK** Time \_\_\_\_\_ **MIDDAY SNACK** Time \_\_\_\_\_ **NIGHTTIME SNACK** Time \_\_\_\_\_ Total Calories \_\_\_\_\_

Snack \_\_\_\_\_

BOWEL MOVEMENTS (number and consistency) Hours of Sleep \_\_\_\_\_ Quality of Sleep (good) 1 2 3 4 5 (poor) \_\_\_\_\_

**Day 3 -- Day** \_\_\_\_\_ **Date** \_\_\_\_\_

**BREAKFAST** Time \_\_\_\_\_ **LUNCH** Time \_\_\_\_\_ **DINNER** Time \_\_\_\_\_

Meat & Dairy \_\_\_\_\_ Total Carbs \_\_\_\_\_

Vegetables & Fruits \_\_\_\_\_

Breads, Grains, Seeds, Nuts \_\_\_\_\_ Total Protein \_\_\_\_\_

Fats \_\_\_\_\_

Candy, Sweets, Junk Food \_\_\_\_\_ Total Fat \_\_\_\_\_

Water Intake (fl oz) \_\_\_\_\_

Other Drinks \_\_\_\_\_

**MIDMORNING SNACK** Time \_\_\_\_\_ **MIDDAY SNACK** Time \_\_\_\_\_ **NIGHTTIME SNACK** Time \_\_\_\_\_ Total Calories \_\_\_\_\_

Snack \_\_\_\_\_

BOWEL MOVEMENTS (number and consistency) Hours of Sleep \_\_\_\_\_ Quality of Sleep (good) 1 2 3 4 5 (poor) \_\_\_\_\_

**Day 4 -- Day** \_\_\_\_\_ **Date** \_\_\_\_\_

**BREAKFAST** Time \_\_\_\_\_ **LUNCH** Time \_\_\_\_\_ **DINNER** Time \_\_\_\_\_

Meat & Dairy \_\_\_\_\_ Total Carbs \_\_\_\_\_

Vegetables & Fruits \_\_\_\_\_

Breads, Grains, Seeds, Nuts \_\_\_\_\_ Total Protein \_\_\_\_\_

Fats \_\_\_\_\_

Candy, Sweets, Junk Food \_\_\_\_\_ Total Fat \_\_\_\_\_

Water Intake (fl oz) \_\_\_\_\_

Other Drinks \_\_\_\_\_ Total Calories \_\_\_\_\_

**MIDMORNING SNACK** Time \_\_\_\_\_ **MIDDAY SNACK** Time \_\_\_\_\_ **NIGHTTIME SNACK** Time \_\_\_\_\_

Snack \_\_\_\_\_

BOWEL MOVEMENTS (number and consistency) \_\_\_\_\_ Hours of Sleep \_\_\_\_\_ Quality of Sleep (good) 1 2 3 4 5 (poor) \_\_\_\_\_

**Day 5 -- Day** \_\_\_\_\_ **Date** \_\_\_\_\_

**BREAKFAST** Time \_\_\_\_\_ **LUNCH** Time \_\_\_\_\_ **DINNER** Time \_\_\_\_\_

Meat & Dairy \_\_\_\_\_ Total Carbs \_\_\_\_\_

Vegetables & Fruits \_\_\_\_\_ Total Protein \_\_\_\_\_

Breads, Grains, Seeds, Nuts \_\_\_\_\_

Fats \_\_\_\_\_ Total Fat \_\_\_\_\_

Candy, Sweets, Junk Food \_\_\_\_\_

Water Intake (fl oz) \_\_\_\_\_ Total Calories \_\_\_\_\_

Other Drinks \_\_\_\_\_

**MIDMORNING SNACK** Time \_\_\_\_\_ **MIDDAY SNACK** Time \_\_\_\_\_ **NIGHTTIME SNACK** Time \_\_\_\_\_

Snack \_\_\_\_\_

BOWEL MOVEMENTS (number and consistency) \_\_\_\_\_ Hours of Sleep \_\_\_\_\_ Quality of Sleep (good) 1 2 3 4 5 (poor) \_\_\_\_\_

**Day 6 -- Day** \_\_\_\_\_ **Date** \_\_\_\_\_

**BREAKFAST** Time \_\_\_\_\_ **LUNCH** Time \_\_\_\_\_ **DINNER** Time \_\_\_\_\_

Meat & Dairy \_\_\_\_\_ Total Carbs \_\_\_\_\_

Vegetables & Fruits \_\_\_\_\_ Total Protein \_\_\_\_\_

Breads, Grains, Seeds, Nuts \_\_\_\_\_

Fats \_\_\_\_\_ Total Fat \_\_\_\_\_

Candy, Sweets, Junk Food \_\_\_\_\_

Water Intake (fl oz) \_\_\_\_\_ Total Calories \_\_\_\_\_

Other Drinks \_\_\_\_\_

**MIDMORNING SNACK** Time \_\_\_\_\_ **MIDDAY SNACK** Time \_\_\_\_\_ **NIGHTTIME SNACK** Time \_\_\_\_\_

Snack \_\_\_\_\_

BOWEL MOVEMENTS (number and consistency) \_\_\_\_\_ Hours of Sleep \_\_\_\_\_ Quality of Sleep (good) 1 2 3 4 5 (poor) \_\_\_\_\_

**Day 7 -- Day** \_\_\_\_\_ **Date** \_\_\_\_\_

**BREAKFAST** Time \_\_\_\_\_ **LUNCH** Time \_\_\_\_\_ **DINNER** Time \_\_\_\_\_

Meat & Dairy \_\_\_\_\_ Total Carbs \_\_\_\_\_

Vegetables & Fruits \_\_\_\_\_ Total Protein \_\_\_\_\_

Breads, Grains, Seeds, Nuts \_\_\_\_\_

Fats \_\_\_\_\_ Total Fat \_\_\_\_\_

Candy, Sweets, Junk Food \_\_\_\_\_

Water Intake (fl oz) \_\_\_\_\_ Total Calories \_\_\_\_\_

Other Drinks \_\_\_\_\_

**MIDMORNING SNACK** Time \_\_\_\_\_ **MIDDAY SNACK** Time \_\_\_\_\_ **NIGHTTIME SNACK** Time \_\_\_\_\_

Snack \_\_\_\_\_

BOWEL MOVEMENTS (number and consistency) \_\_\_\_\_ Hours of Sleep \_\_\_\_\_ Quality of Sleep (good) 1 2 3 4 5 (poor) \_\_\_\_\_