|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Breakfast****(yes/no)** | **Carbohydrates****(type & amount)** | **Lipids (fats)****(type & amount)** | **Proteins****(type & amount)** | **Fruits/Vegetables****(type & amount)** | **Water****(amount)** | **Exercise** **(type & duration)** |
| Monday |  |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |