|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |  |  |  |  |  |  |  |