

**'FitHaven with Mel Thomas - for you Fun and Active Lifestyle' - Food Diary Template**

|       | <b>Breakfast</b> | <b>Mid-AM<br/>Snack</b> | <b>Lunch</b> | <b>Mid-pm<br/>Snack</b> | <b>Dinner</b> | <b>Drinks</b> | <b>Extra<br/>Snacks</b> | <b>Exercise &amp;<br/>Class<br/>Attended</b> |
|-------|------------------|-------------------------|--------------|-------------------------|---------------|---------------|-------------------------|--|
| Mon   |                  |                         |              |                         |               |               |                         |  |
| Tues  |                  |                         |              |                         |               |               |                         |  |
| Wed   |                  |                         |              |                         |               |               |                         |  |
| Thurs |                  |                         |              |                         |               |               |                         |  |
| Fri   |                  |                         |              |                         |               |               |                         |  |
| Sat   |                  |                         |              |                         |               |               |                         |  |
| Sun   |                  |                         |              |                         |               |               |                         |  |