



# FOODSAVVY

| Day   | Date  |              |       |
|---|---|--------------|-------|
| TIME  | AMOUNT  | FOOD & FLUID | NOTES |
| BREAKFAST   |   |              |       |
|   |   |              |       |
|   |   |              |       |
|   |   |              |       |
| MORNING TEA                                       |   |              |       |
|   |   |              |       |
| LUNCH   |   |              |       |
|   |   |              |       |
|   |   |              |       |
|   |   |              |       |
| AFTERNOON TEA                                     |   |              |       |
|   |   |              |       |
| DINNER  |   |              |       |
|   |   |              |       |
|   |   |              |       |
|   |   |              |       |
| EXTRA   |   |              |       |
|   |   |              |       |
| FLUID   |  |              |       |
| ACTIVITY  | Include duration and type of exercise   |              |       |
| Suggestions to help me achieve my goals tomorrow: |   |              |       |
|   |   |              |       |
|   |   |              |       |

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| AFTERNOON TEA                                     |   |              |       |
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