

**Day 4 - Date:** *Include times and amounts eaten.*

	<b>BREAKFAST</b> Time:	<b>LUNCH</b> Time:	<b>DINNER</b> Time:
Meat/Dairy			
Vegetables/Fruits			
Breads/Cereal/Grains			
Fats (butter, oil, nuts)			
Sweets/sugar/junk			
Water Intake (fl.oz)			
Other Drinks			
	<b>MORNING SNACK</b> Time:	<b>AFTERNOON SNACK</b> Time:	<b>NIGHT SNACK</b> Time:
Snack:			
<b>SLEEP: Hours&amp;Times:</b>		<b>SLEEP QUALITY:</b> (poor) <b>1 2 3 4 5</b> (good)	
<b>BOWEL MOVEMENTS:</b> (# and consistency)			
How did you feel today?		Why?	

**Day 5 - Date:** *Include times and amounts eaten.*

	<b>BREAKFAST</b> Time:	<b>LUNCH</b> Time:	<b>DINNER</b> Time:
Meat/Dairy			
Vegetables/Fruits			
Breads/Cereal/Grains			
Fats (butter, oil, nuts)			
Sweets/sugar/junk			
Water Intake (fl.oz)			
Other Drinks			
	<b>MORNING SNACK</b> Time:	<b>AFTERNOON SNACK</b> Time:	<b>NIGHT SNACK</b> Time:
Snack:			
<b>SLEEP: Hours&amp;Times:</b>		<b>SLEEP QUALITY:</b> (poor) <b>1 2 3 4 5</b> (good)	
<b>BOWEL MOVEMENTS:</b> (# and consistency)			
How did you feel today?		Why?	

**Day 6 - Date:** *Include times and amounts eaten.*

	<b>BREAKFAST</b> Time:	<b>LUNCH</b> Time:	<b>DINNER</b> Time:
Meat/Dairy			
Vegetables/Fruits			
Breads/Cereal/Grains			
Fats (butter, oil, nuts)			
Sweets/sugar/junk			
Water Intake (fl.oz)			
Other Drinks			
	<b>MORNING SNACK</b> Time:	<b>AFTERNOON SNACK</b> Time:	<b>NIGHT SNACK</b> Time:
Snack:			
<b>SLEEP: Hours&amp;Times:</b>		<b>SLEEP QUALITY:</b> (poor) <b>1 2 3 4 5</b> (good)	
<b>BOWEL MOVEMENTS:</b> (# and consistency)			
How did you feel today?		Why?	

**Day 7 - Date:** *Include times and amounts eaten.*

	<b>BREAKFAST</b> Time:	<b>LUNCH</b> Time:	<b>DINNER</b> Time:
Meat/Dairy			
Vegetables/Fruits			
Breads/Cereal/Grains			
Fats (butter, oil, nuts)			
Sweets/sugar/junk			
Water Intake (fl.oz)			
Other Drinks			
	<b>MORNING SNACK</b> Time:	<b>AFTERNOON SNACK</b> Time:	<b>NIGHT SNACK</b> Time:
Snack:			
<b>SLEEP: Hours&amp;Times:</b>		<b>SLEEP QUALITY:</b> (poor) <b>1 2 3 4 5</b> (good)	
<b>BOWEL MOVEMENTS:</b> (# and consistency)			
How did you feel today?		Why?	