

THE FITNESS STUDIO
Boutique Personal Training

Food & Drink Diary for Your 28 Day Schedule

Week 1

	Breakfast	Between Meal Drinks & Snacks	Lunch	Between Meal Drinks & Snacks	Dinner	After Dinner Drinks & Snacks
Day 1 – Food						
Day 1 – Drinks						
Day 2 – Food						
Day 2 – Drinks						

Week 2

	Breakfast	Between Meal Drinks & Snacks	Lunch	Between Meal Drinks & Snacks	Dinner	After Dinner Drinks & Snacks
Day 1 – Food						
Day 1 – Drinks						
Day 2 – Food						
Day 2 – Drinks						

Week 3

	Breakfast	Between Meal Drinks & Snacks	Lunch	Between Meal Drinks & Snacks	Dinner	After Dinner Drinks & Snacks
Day 1 – Food						
Day 1 – Drinks						
Day 2 – Food						
Day 2 – Drinks						

Week 4

	Breakfast	Between Meal Drinks & Snacks	Lunch	Between Meal Drinks & Snacks	Dinner	After Dinner Drinks & Snacks
Day 1 – Food						
Day 1 – Drinks						
Day 2 – Food						
Day 2 – Drinks						