

**Food and Exercise Diary**

Day/Date	Sleep	Food Timeline  Midnight--6am---- ----- ----9am---- ----- ----12pm---- ----- ----3pm---- ----- ----6pm---- ----- ----9pm—Midnight	Exercise
Monday / /	> 6 hrs ? Y N Quality 1 2 3 4		
Tuesday / /	> 6 hrs ? Y N Quality 1 2 3 4		
Wednesday / /	> 6 hrs ? Y N Quality 1 2 3 4		
Thursday / /	> 6 hrs ? Y N Quality 1 2 3 4		
Friday / /	> 6 hrs ? Y N Quality 1 2 3 4		
Saturday / /	> 6 hrs ? Y N Quality 1 2 3 4		
Sunday / /	> 6 hrs ? Y N Quality 1 2 3 4		