



**DAY 4**

**What Did I Eat? (Include snacks)** (include each item, calories and ORAC values)

Meal 1 \_\_\_\_\_ Meal 5 \_\_\_\_\_  
Meal 2 \_\_\_\_\_ Meal 6 \_\_\_\_\_  
Meal 3 \_\_\_\_\_ Meal 7 \_\_\_\_\_  
Meal 4 \_\_\_\_\_ Meal 8 \_\_\_\_\_

**How Much Water Did I Drink?** (8 oz)

**How Much Did I Exercise?** Activity \_\_\_\_\_ Time \_\_\_\_\_

**How Much Did I Sleep?** \_\_\_\_\_ Hours

**How do you feel today** (i.e. low energy, high energy, sad, happy) \_\_\_\_\_

**How Hungry was I today?**

1	2	3	4	5	6
stuffed		content			famished

**DAY 5**

**What Did I Eat? (Include snacks)** (include each item, calories and ORAC values)

Meal 1 \_\_\_\_\_ Meal 5 \_\_\_\_\_  
Meal 2 \_\_\_\_\_ Meal 6 \_\_\_\_\_  
Meal 3 \_\_\_\_\_ Meal 7 \_\_\_\_\_  
Meal 4 \_\_\_\_\_ Meal 8 \_\_\_\_\_

**How Much Water Did I Drink?** (8 oz)

**How Much Did I Exercise?** Activity \_\_\_\_\_ Time \_\_\_\_\_

**How Much Did I Sleep?** \_\_\_\_\_ Hours

**How do you feel today** (i.e. low energy, high energy, sad, happy) \_\_\_\_\_

**How Hungry was I today?**

1	2	3	4	5	6
stuffed		content			famished

**DAY 6**

**What Did I Eat? (Include snacks)** (include each item, calories and ORAC values)

Meal 1 \_\_\_\_\_ Meal 5 \_\_\_\_\_  
Meal 2 \_\_\_\_\_ Meal 6 \_\_\_\_\_  
Meal 3 \_\_\_\_\_ Meal 7 \_\_\_\_\_  
Meal 4 \_\_\_\_\_ Meal 8 \_\_\_\_\_

**How Much Water Did I Drink?** (8 oz)

**How Much Did I Exercise?** Activity \_\_\_\_\_ Time \_\_\_\_\_

**How Much Did I Sleep?** \_\_\_\_\_ Hours

**How do you feel today** (i.e. low energy, high energy, sad, happy) \_\_\_\_\_

**How Hungry was I today?**

1	2	3	4	5	6
stuffed		content			famished

**DAY 7**

**What Did I Eat? (Include snacks)** (include each item, calories and ORAC values)

Meal 1 \_\_\_\_\_ Meal 5 \_\_\_\_\_  
Meal 2 \_\_\_\_\_ Meal 6 \_\_\_\_\_  
Meal 3 \_\_\_\_\_ Meal 7 \_\_\_\_\_  
Meal 4 \_\_\_\_\_ Meal 8 \_\_\_\_\_

**How Much Water Did I Drink?** (8 oz)

**How Much Did I Exercise?** Activity \_\_\_\_\_ Time \_\_\_\_\_

**How Much Did I Sleep?** \_\_\_\_\_ Hours

**How do you feel today** (i.e. low energy, high energy, sad, happy) \_\_\_\_\_

**How Hungry was I today?**

1	2	3	4	5	6
stuffed		content			famished