



NORTHSHORE INTEGRATIVE HEALTHCARE

Phone: 847-920-4NIH (4644)

www.NorthshoreIntegrativeHealthcare.com

FOOD DIARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise <i>(describe all physical activity here)</i>							
Time: Breakfast <i>(include quantities)</i>							
Time: Snack: <i>(include quantities)</i>							
Time: Lunch <i>(include quantities)</i>							
Time: Snack: <i>(include quantities)</i>							
Time: Dinner <i>(include quantities)</i>							
Time: Snack: <i>(include quantities)</i>							