



James Champion Personal Trainer & Health Coach

Food Diary

Breakfast : time - _____ Feeling _____

Drink

Snack : time - _____ Feeling _____

Drink

Lunch : time - _____ Feeling _____

Drink

Snack : time - _____ Feeling _____

Drink

Dinner : time - _____ Feeling _____

Drink

Evening snacks : time - _____ Feeling _____

Drink

Example

**Breakfast : time - 0500am Feeling tired _____
*one meduim banana***

Drink *one black coffee*