


Weekly Nutrition Diary

At Urban Fitness, it's all about 

DATE :	MONDAY		What am I doing for the next 3 hours ?	Comments/ Feelings :
BREAKFAST :	TIME :	SERV :		
MORNING TEA :				
LUNCH :				
AFTERNOON TEA :				
DINNER :				
SUPPER :				

DATE :	TUESDAY		What am I doing for the next 3 hours ?	Comments/ Feelings :
BREAKFAST :	TIME :	SERV :		
MORNING TEA :				
LUNCH :				
AFTERNOON TEA :				
DINNER :				
SUPPER :				

Note : Serv. means Serving Size, e.g. 2 weetbix, 1 glass orange juice. 1 serving size of meat/vegetables is about the size of your clenched fist.

Weekly Nutrition Diary

DATE :	WEDNESDAY		What am I doing for the next 3 hours ?	Comments/ Feelings :
BREAKFAST :	TIME :	SERV :		
MORNING TEA :				
LUNCH :				
AFTERNOON TEA :				
DINNER :				
SUPPER :				

DATE :	THURSDAY		What am I doing for the next 3 hours ?	Comments/ Feelings :
BREAKFAST :	TIME :	SERV :		
MORNING TEA :				
LUNCH :				
AFTERNOON TEA :				
DINNER :				
SUPPER :				

Note : Serv. means Serving Size, e.g. 2 weetbix, 1 glass orange juice. 1 serving size of meat/vegetables is about the size of your clenched fist.

Weekly Nutrition Diary

DATE :	FRIDAY		What am I doing for the next 3 hours ?	Comments/ Feelings :
BREAKFAST :	TIME :	SERV :		
MORNING TEA :				
LUNCH :				
AFTERNOON TEA :				
DINNER :				
SUPPER :				

DATE :	SATURDAY		What am I doing for the next 3 hours ?	Comments/ Feelings :
BREAKFAST :	TIME :	SERV :		
MORNING TEA :				
LUNCH :				
AFTERNOON TEA :				
DINNER :				
SUPPER :				

Note : Serv. means Serving Size, e.g. 2 weetbix, 1 glass orange juice. 1 serving size of meat/vegetables is about the size of your clenched fist.

