

# Food Diary

Here's a simple food diary template you can use to start tracking what you eat each week. It's a great way for you to identify where you've been going wrong on your diet.

Simply print it out, keep it somewhere visible and start completing it as and when you eat or drink.

The more detail you can put the better.

Just because there is a box doesn't mean it has to be filled.

The glasses of water is for you to mark if you have had a glass of water between meal intervals.











































You should be aiming to mark this off in all of the boxes.

We've added the exercise box so you can track what exercise you've been doing over the weeks.

*Luke and Demi*

*Co-founders of [hiitweekly.com](http://hiitweekly.com)*

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Meal	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Snack 3							
Exercise							