

**PERSONAL HEALTH RECORD**

| Diet Log |           |          |       |          |        |          |
|----------|-----------|----------|-------|----------|--------|----------|
| Day      | Breakfast |          | Lunch |          | Supper |          |
|          | Food      | Quantity | Food  | Quantity | Food   | Quantity |
| 1        |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
| 2        |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
| 3        |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
| 4        |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
| 5        |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
| 6        |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
| 7        |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |
|          |           |          |       |          |        |          |