

# ~DIET DIARY SHEET~

## FIT FOR YOU

*Personal Training & Nutrition*

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Below, please record your diet diary accordingly. Please use this sheet to track the information requested below for a period of (5) days including at least one weekend day. If you have any questions feel free to ask. Be sure to list everything so as to be as accurate as possible. This form will help for nutritional consulting purposes.

(Nutritional Consulting fee of \$75 – )

**Includes 3 Sample Menu Plans, Screening & 3 visits, tracking and update results along with phone/email follow up For 3 Months Unlimited!**

Date

Content (What you ate & amount)

Time