

7 Day Food Diary

Breakfast.....
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Morning Tea.....
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Lunch.....
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Afternoon Tea.....
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Dinner.....
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Snacks.....
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Other
Comments.....
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Do you have trouble going to sleep?.....

What time did you go to bed?.....

What time did you wake up?.....

How did you sleep?.....

Do you wake during night?.....

Do you wake feeling refreshed?.....

Basal Temperature Axillary (under arm) First thing before getting out of bed

