



This can be a typical 3 day period or over your 24 hour re-balance period. Remember to include drinks, time and quantity.

Day 1	Food:	All Drinks & quantity	Any comments on how you are feeling?
Breakfast approx. time:			
Morning Snack			
Lunch approx. time			
Afternoon snack			
Evening Meal approx. time			
Evening snack			
Day 2			
Breakfast approx. time:			
Morning snack			
Lunch approx. time			
Afternoon snack			
Evening meal approx. time			
Evening snack			
Day 3			
Breakfast approx. time			
Morning snack			
Lunch approx. time			
Afternoon snack			
Evening Meal approx. time			
Evening snack			