

| Times of day | Activities | Sweets/Snacks/Meals eaten | Where you ate | Who chose your food ? |
|---------------------|-------------------|----------------------------------|----------------------|------------------------------|
| 05.00 | | | | |
| 06.00 | | | | |
| 07.00 | | | | |
| 08.00 | | | | |
| 09.00 | | | | |
| 10.00 | | | | |
| 11.00 | | | | |
| 12.00 | | | | |
| 13.00 | | | | |
| 14.00 | | | | |
| 15.00 | | | | |
| 16.00 | | | | |
| 17.00 | | | | |
| 18.00 | | | | |
| 19.00 | | | | |
| 20.00 | | | | |
| 21.00 | | | | |
| 22.00 | | | | |
| 23.00 | | | | |