

FOOD DIARY

REMINDERS

- ★ Aim to drink 0.035 x your weight (kg) of water daily.
- ★ Add an additional 1 litre of water per hour of exercise.
- ★ Remember to breathe deeply every day.
- ★ Go Barefoot on the earth - grass, beach, dirt - daily!
- ★ Chew your food well, be mindful and present at meal times. Avoid consuming media or eating at your work desk.

BREAKFAST

LUNCH

DINNER

SNACKS

EXERCISE

OBSERVATIONS

SUN	MON	TUE	WED	THU	FRI	SAT