

# Timer<sup>TM</sup> DIET

## NUTRITION JOURNAL

Day: \_\_\_\_\_ Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Time Woke Up: \_\_\_\_\_  
Time To Sleep: \_\_\_\_\_

MEAL	FOOD CONSUMED	TIME	DESCRIPTION OF FEELINGS
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			