DAY

Water cups

☐☐☐☐☐☐☐☐☐☐

Coffee cups

☐☐☐☐☐☐☐☐☐☐

Units of Alcohol

☐☐☐☐☐☐☐☐☐☐

Today's Goals:

Hours of sleep: _____

Breakfast

☐ Restaurant ☐ Food prepared at home

Lunch

☐ Restaurant ☐ Food prepared at home

Dinner

☐ Restaurant ☐ Food prepared at home

Snacks

Food Diary