

# CK HEALTH

*and wellbeing*

FOOD DIARY	Monday (include time eaten)	Tuesday (include time eaten)	Wednesday (include time eaten)	Thursday (include time eaten)	Friday (include time eaten)	Saturday (include time eaten)	Sunday (include time eaten)
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Fluids							
Energy 1-10							
Sleep quality 1-10							
Stress level 1-10							

1 lowest-10 highest