## Food & Water Diary

To fill in your Food & Water Diary, tick a box each time you eat or drink one portion from each group\*. There are separate columns for each day. **Good Luck!** 



Special

Ireland

rrom each group*. I h				<b>j</b>			
Fruit & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	$\mathcal{C}$	$\mathcal{C}$	$\mathcal{C}$	$\mathcal{C}$	$\mathcal{C}$	$\mathcal{C}$	$\mathcal{C}$
	25 25	$\sim$	$\mathcal{Z}$	25 25	25 25	25 25	25 25
5-7	$\bigcirc \bigcirc$	$\bigcirc \bigcirc$	$\bigcirc$ $\bigcirc$				
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	$\sim$	$\sim$	$\sim$	$\sim$	$\sim$	Č	$\sim$
Carbohydrates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	22	88	22	22		88	88
3-5					$\sim$		
	2 2 2	2 2 2 2	2- 2- 2-	2- 2- 2-	°- °-	2 2 2	2 2
Dairy	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2-3							
<b>4-3</b>							
			$\bigcirc$ $\bigcirc$			$\bigcirc$ $\bigcirc$	
Protein	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein	Monday		Wednesday	Thursday	Friday	Saturday	Sunday
Protein	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Protein 2-3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2-3		88		88		8000	88
Protein Q-3 Q-3 C-3 C-3 C-3 C-3 C-3 C-3 C-3 C-3 C-3 C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2-3		88		88		8000	88
2-3	Monday	Cuesday	Wednesday	Chursday	Friday	Saturday	Sunday
2-3	Monday No ticks here is	No ticks here is	Wednesday No ticks here is	No ticks here is	Priday     No ticks here is	Saturday	Sunday
2-3	Monday No ticks	Orgen   Orgen   Tuesday	Wednesday	No ticks	O O   O O   Friday	Saturday POJ Reward yourself with a treat	Sunday
Few Side State	No ticks here is very good!	No ticks     here is     very good!	Saturday DOA Reward yourself with a treat today!	Sunday Reward yourself with a treat today!			
2-3	No ticks here is	No ticks here is	Wednesday No ticks here is	No ticks here is	Priday     No ticks here is	Saturday POJ Reward yourself with a treat	Sunday
Few Side State	No ticks here is very good!	No ticks     here is     very good!	Saturday DOA Reward yourself with a treat today!	Sunday Reward yourself with a treat today!			
Few Side State	No ticks here is very good!	No ticks     here is     very good!	Saturday DOA Reward yourself with a treat today!	Sunday Reward yourself with a treat today!			
Few Few Water	No ticks here is very good!	No ticks     here is     very good!	Saturday DOA Reward yourself with a treat today!	Sunday Reward yourself with a treat today!			
Few Few Water	No ticks here is very good!	No ticks     here is     very good!	Saturday DOA Reward yourself with a treat today!	Sunday Reward yourself with a treat today!			

\*use a pencil so you can rub out the ticks and use it again the following week.

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