

**4 Day Diet Diary**

Please keep track of all foods that are eaten (don't worry about quantities) for 4 days, and note the time that you ate them. Include all beverages and snacks consumed during this time as well, and comment on how you felt throughout the day (energy level, indigestion, bloating/gas).

<b>Day:</b>			
<b>Morning:</b>			
<b>Afternoon:</b>			
<b>Evening:</b>			
<b>Comments:</b>			