

# My daily lifestyle diary

What I ate today:	Why I ate: (fullness scale)
Breakfast	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Morning Snack	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Lunch	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Afternoon Snack	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Dinner	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)
Evening Snack	<input type="checkbox"/> hungry <input type="checkbox"/> other, why? <hr/> (1 2 3 4 5 6 7 8 9 10) (Hungry scale: 1-not hungry ; 10-very hungry)

Daily Goal	Protein	Fruit	Nuts/Seeds	Legumes/Starchy Veg	Whole Grains	Non-starchy Veg	Dairy	Fats/Oils
	3-4	1-2	1-2	1-2	1	unlimited	0	3-4

ACTIVITY: Exercise (type/how long)	ACTIVITY: Relaxation (type/how long)
<p>how strenuously did you exercise?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>(1-not very strenuous; 10-very strenuous)</p>	<p>how relaxed were you afterwards?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>(1-not very relaxed ; 10-very relaxed)</p>