



## Day 1

Date:	Breakfast	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 1

Date:	Lunch	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 1

Date:	Dinner	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 2

Date:	Breakfast	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 2

Date:	Lunch	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	high 5
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Younique Personal Trainer comments





## Day 2

Date:	Dinner	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 3

Date:	Breakfast	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





### Day 3

Date:	Lunch	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





### Day 3

Date:	Dinner	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 4

Date:	Breakfast	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 4

Date:	Lunch	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 4

Date:	Dinner	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 5

Date:	Breakfast	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 5

Date:	Lunch	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	high 5
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Younique Personal Trainer comments





## Day 5

Date:	Dinner	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 6

Date:	Breakfast	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





Day 6

Date:	Lunch	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 6

Date:	Dinner	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	5
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high

Younique Personal Trainer comments





## Day 7

Date:	Breakfast	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	high 5
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Younique Personal Trainer comments





## Day 7

Date:	Lunch	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

1	2	3	4	high 5
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Younique Personal Trainer comments





## Day 7

Date:	Dinner	Time:
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Please write in the box the food contained in your meal:

Snacks after the above meal & before your next				
Food	Time	Hunger (1-3)	Fluid	Time

Energy score to be filled in just prior to preparing your next meal

				high
1	2	3	4	5

Younique Personal Trainer comments

