



# Food Diary Challenge

For the week of 16th April—22nd April we would like to challenge our clients and trainers to complete the following food diary! The aim is to give our coaches a better insight into your nutrition so that they can make suggestions to help you boost your results. All of the MGB Team are also taking part in the challenge so that you can see what we eat too!

## Rules:

- Must log each meal including snacks
- You must log drinks including teas and coffees (E.g. Costa medium latte)
  - Be honest!!
- Don't forget to log alcohol including volume and brand

	Meal 1	Meal 2	Meal 3	Meal 4	Snacks	Drinks
Monday 16th						
Tuesday 17th						
Wednesday 18th						
Thursday 19th						
Friday 20th						
Saturday 21st						
Sunday 22nd						