

My Vitality Journal

10 Years
Younger
in 10
Weeks

It can be a help to write down what you have for breakfast, lunch and dinner every day. Use this table, if you like. Don't forget to make a note of your snacks as well.

Week:

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snacks							
Lunch							
Snacks							
Dinner							
Snacks							