

## 7 Day Diet Record

Please record everything you eat and drink for the next 7 days. Be as thorough and detailed as possible.

Please be as honest as you can be. I am gathering data, not judging. Don't change your normal routine; just record what you are doing.

To measure simply use hand sized portions (e.g.) 1 palm, 1 fist, 1 cupped handful, 1 thumb) or something else standardised (eg tennis ball, iphone 11 sized). You can use a scales if you want, but you don't have to.

Record any other notes about other things such as training volume, sleep, energy levels (feel and very subjective), how you felt after eating.

The suggested format for this to email to [mattluxtonpa@gmail.com](mailto:mattluxtonpa@gmail.com) on the 7<sup>th</sup> day is below.

Example:

<u>MEAL TIME</u>	<u>WHAT YOU ATE/ DRANK AND HOW MUCH</u>	<u>NOTES/FEELINGS/DOING WHILST EATING</u>
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