

Good diary	Bad diary
Wake up time: 8:00	
8:30 Breakfast 2 slices of bread with white cheese (5%) 2 cups of coffee with milk, no sugar	Breakfast Bread with white cheese coffee
10:00 Snack 1 apple 2 glasses of water	Apple Water
12:00 Lunch 3 boiled potatoes 150g beef steak fried in butter Half a plate of salad with 1 teaspoon of mayonnaise 2 glasses of water	Lunch Potatoes, beef steak salad with mayonnaise Water
14:00 Training 90 minutes, 6 fights	14:00 Training
16:30 Snack 1 cup plain yoghurt 1 banana 1 glass of ice tea	Yoghurt + banana Ice tea
19:00 Dinner 3 slices of bread with omelet (2eggs) 1 slice of yellow cheese (24%) 1 glass of orange juice	Dinner Bread with omelet and cheese Orange juice
22:00 Snack 1 handful of nuts 1 glass of water	Nuts Water
Sleep time: 23:00	