

Food and Activity Log

Use this log to keep track of what you eat each day of the week and how much exercise you do every day. Make sure the five food groups are represented each day. Don't forget to drink plenty of water. Try to have eight 8-ounce glasses of fluids every day.

Goals for the week: _____

Sunday:	Breakfast: _____ _____ _____	Lunch: _____ _____ _____	Dinner: _____ _____ _____	Snack: _____ _____ _____
	Type of exercise (Minutes/Miles): _____ _____ _____		Intensity: _____ _____ _____	How session felt: _____ _____ _____
Monday:	Breakfast: _____ _____ _____	Lunch: _____ _____ _____	Dinner: _____ _____ _____	Snack: _____ _____ _____
	Type of exercise (Minutes/Miles): _____ _____ _____		Intensity: _____ _____ _____	How session felt: _____ _____ _____
Tuesday:	Breakfast: _____ _____ _____	Lunch: _____ _____ _____	Dinner: _____ _____ _____	Snack: _____ _____ _____
	Type of exercise (Minutes/Miles): _____ _____ _____		Intensity: _____ _____ _____	How session felt: _____ _____ _____

Food and Activity Log (continued)

Wednesday:	Breakfast: _____ _____	Lunch: _____ _____	Dinner: _____ _____	Snack: _____ _____
	Type of exercise (Minutes/Miles): _____ _____		Intensity: _____ _____	How session felt: _____ _____
Thursday:	Breakfast: _____ _____	Lunch: _____ _____	Dinner: _____ _____	Snack: _____ _____
	Type of exercise (Minutes/Miles): _____ _____		Intensity: _____ _____	How session felt: _____ _____
Friday:	Breakfast: _____ _____	Lunch: _____ _____	Dinner: _____ _____	Snack: _____ _____
	Type of exercise (Minutes/Miles): _____ _____		Intensity: _____ _____	How session felt: _____ _____
Saturday:	Breakfast: _____ _____	Lunch: _____ _____	Dinner: _____ _____	Snack: _____ _____
	Type of exercise (Minutes/Miles): _____ _____		Intensity: _____ _____	How session felt: _____ _____