

Food Diary & Exercise Log

Date: _____

Monday

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Tuesday

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Wednesday

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Thursday

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Friday

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Saturday

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Sunday

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Notes:

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