

DAILY FOOD AND EXERCISE DIARY

HEALTHIER
is Happier!

LIQUIDS																								
VITAMINS/MEDS																								
BREAKFAST																								
MORNING SNACK																								
LUNCH																								
AFTERNOON SNACK																								
DINNER																								
EVENING SNACK (DON'T FORGET TO BRUSH YOUR TEETH)																								
EXERCISE																								
PMA 1-10																								
ENERGY LEVEL 1-10																								
OTHER COMMENTS																								