

FOOD & ACTIVITY DIARY

Keep track of everything you eat, drink and do every day.

Day 1

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 2

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 3

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 4

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

When recording your food intake, be specific regarding portion size.

*Minimum of 8 cups per day.

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Day 5

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 6

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 7

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

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*Minimum of 8 cups per day.