## FOOD & ACTIVITY DIARY

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



Breakfast Snack Lunch Snack Dinner Dessert Water* Exercise  Day 2  Breakfast Snack Lunch Snack Unch Snack Water* Exercise
Lunch Snack Dinner Dessert Water* Exercise  Breakfast Snack Lunch Snack Dinner Dessert
Snack Dinner Dessert Water* Exercise  Day 2  Breakfast Lunch Snack Lunch Snack Dinner Dessert
Dinner  Dessert  Water*  Exercise  Breakfast  Snack  Lunch  Snack  Dinner  Dessert
Dessert  Water*  Exercise  Day 2  Breakfast  Snack  Lunch  Snack  Dinner  Dessert
Day 2  Breakfast  Snack  Lunch  Snack  Dinner  Dessert
Day 2  Breakfast Snack Lunch Snack Dinner Dessert
Day 2  Breakfast Snack Lunch Snack Dinner Dessert
Breakfast Snack Lunch Snack Dinner Dessert
Breakfast Snack Lunch Snack Dinner Dessert
Snack Lunch Snack Dinner Dessert
Lunch Snack Dinner Dessert
Snack Dinner Dessert
Dinner Dessert
Dessert
Water*
Exercise
Down 2
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.

## FOOD & ACTIVITY DIARY

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



Day 5													
													Breakfast
													Snack
													Lunch
													Snack
													Dinner
													Dessert
	Ĝ	Ĝ			Ô						Ĝ		Water*
													Exercise
Day 6													
													Breakfast
													Snack
													Lunch
													Snack
													Dinner
													Dessert
			Û			Û		Û		Û	Û		Water*
													Exercise
Day 7	,												
Day 7													- 14 .
													Breakfast
													Snack
													Lunch
													Snack
													Dinner
													Dessert
													Water*
													Exercise

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

<sup>\*</sup>Minimum of 8 cups per day.