


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




## 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

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

\*Minimum of 8 cups per day.