



# Food and Exercise DIARY



Breakfast
_____
_____
_____
_____
_____
Snack _____

Calories
_____
_____
_____
_____
_____
_____
_____

Water
○ ○ ○ ○ ○ ○ ○ ○
Vitamin
_____

Total Calories
----------------

_____
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Lunch
_____
_____
_____
_____
_____
Snack _____

Calories
_____
_____
_____
_____
_____
_____
_____

Exercise

Total Calories
----------------

_____
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Dinner
_____
_____
_____
_____
_____
Snack _____

Calories
_____
_____
_____
_____
_____
_____
_____

Total Calories
----------------

_____
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