

Eating Habits and Physical Activity Tracker

Date: _____

Every **Sunday** is rest day!

Monday



Breakfast

Lunch

Dinner

Snack

Exercise

Thursday



Breakfast

Lunch

Dinner

Snack

Exercise

Tuesday



Breakfast

Lunch

Dinner

Snack

Exercise

Friday



Breakfast

Lunch

Dinner

Snack

Exercise

Wednesday



Breakfast

Lunch

Dinner

Snack

Exercise

Saturday



Breakfast

Lunch

Dinner

Snack

Exercise