

Food and Exercise Log



Meal		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Meat							
	Fruit							
	Vegetable							
	Dairy							
	Grains							
Lunch	Meat							
	Fruit							
	Vegetable							
	Dairy							
	Grains							
Dinner	Meat							
	Fruit							
	Vegetable							
	Dairy							
	Grains							
Snacks								
Water		□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
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Exercise		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio	What type							
Strength	What type							
Time: Min/day								