

Food and Exercise Log

	Meals	What You Ate and Drank	Notes and Emotions
Day _____	Breakfast		
	Time: _____		
	Snack		
	Time: _____		
	Lunch		
	Time: _____		
	Snack		
	Time: _____		
	Dinner		
	Time: _____		
Dessert			
Time: _____			
Drinks/Amounts			
Morning Weight	Exercise		