

# Food Journal AND EXERCISE LOG

DATE:

\_\_\_\_\_

## BREAKFAST

CALORIES

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## SNACK

\_\_\_\_\_

\_\_\_\_\_

TOTAL CALORIES

\_\_\_\_\_

## LUNCH

CALORIES

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## SNACK

\_\_\_\_\_

\_\_\_\_\_

TOTAL CALORIES

\_\_\_\_\_

## DINNER

CALORIES

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## SNACK

\_\_\_\_\_

\_\_\_\_\_

TOTAL CALORIES

\_\_\_\_\_

ACTIVITY	TIME	DISTANCE	SETS	REPS	WEIGHT

## HEALTHY ESSENTIALS

GLASSES OF WATER

● ● ● ● ● ● ● ●

HEALTHY OILS (NUTS, SEEDS, AVOCADO)

● ● ●

FRUITS AND VEGETABLES

● ● ● ● ● ● ● ●

MILK AND DAIRY PRODUCTS

● ● ●

VITAMIN

●