

Diet & Exercise Food Journal

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Dinner					
Snacks					
Physical Activity					

1. Record **each and everything** you eat and drink for 5 days.
2. Try to be as specific as possible.
Don't just write: *bread* Try writing: *1 slice of Food Lion whole-grain bread*
3. If you know the number of calories your food has, write it down too!
4. Record physical activity or time spent being active.
You can write: *Football game* Or you can write: *1 hour* Or you can write: *Ran, 30 min.*
5. Have fun!