

Diet Diary/Exercise Log

	Day # ___ - Date:	Day # ___ - Date:
Wake up:		
Morning Meal		
Time:		
Snack:		
Time:		
Mid-Day Meal		
Time:		
Snack:		
Time:		
Evening Meal:		
Time:		
Snack:		
Time:		
Water (oz.):		
Other Drinks: <small>(that are not listed with meals or snacks above)</small>		
Activity/Exercise What kind:		
How long:		
Relaxation Type:		
How long:		
Sleep time:		