

# Food & Activity Diary

Week Ending: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Morning Snack</b>							
<b>Lunch</b>							
<b>Afternoon Snack</b>							
<b>Dinner (Healthy Meal)</b>							
<b>Evening Snack</b>							
<b>Water Intake (Glasses)</b>	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
<b>Exercise Activity</b>							