

Nutrition Diary & Exercise Log

Please complete your Nutrition Diary and Exercise Log daily.

Name: _____

Day: _____ Date: _____

- 1) Make note of the time you wake up
- 2) List and describe in detail all foods and drinks including the amount of each. Make note if whether the food was fresh, frozen, canned, raw, cooked, baked, fried, etc. Note the time of each meal or snack. Be sure to list everything you eat or drink.

Wake Up: _____

Morning Meal: _____

Time: _____

Snack: _____

Time: _____

Mid Day Meal: _____

Time: _____

Snack: _____

Time: _____

Evening Meal: _____

Time: _____

- 3) Keep track of how much water you drink and list the amount in ounces in the section provided. Also note the type and amount of any other drinks you consume.

Water (oz): _____

Other Drinks: _____

(that are not _____

listed already) _____

- 4) Write down any activity or exercise you do in the section at the bottom, listing the kind of exercise you did and for how long.

Exercise _____

What kind: _____

How long: _____

Time(s): _____

- 5) Note any periods of relaxation and what kind of relaxation it was.

Relaxation _____

Type: _____

How long: _____

Time: _____

- 6) Note the time you go to sleep.

Sleep _____

Time: _____