

Diet Diary / Exercise Log

List and describe in detail all foods and drinks including the amount of each. Make note as to 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, including any condiments used (i.e. mayonaise, mustard, relish, etc.).

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--------|---------|-----------|----------|--------|----------|
| Dates | | | | | | | |
| Morning Meal | | | | | | | |
| Time | | | | | | | |
| Snack | | | | | | | |
| Time | | | | | | | |
| Mid-Day Meal | | | | | | | |
| Time | | | | | | | |
| Snack | | | | | | | |
| Time | | | | | | | |
| Evening Meal | | | | | | | |
| Time | | | | | | | |
| Water (Ounces) | | | | | | | |
| Other Drinks <small>(that are not listed with meals or snacks above)</small> | | | | | | | |
| Activity/Exercise What Kind: | | | | | | | |
| How Long: | | | | | | | |