

FOOD AND EXERCISE JOURNAL



Monday

	Calories	Exercise	Notes
Breakfast			
Lunch			
Dinner			

Tuesday

	Calories	Exercise	Notes
Breakfast			
Lunch			
Dinner			

Wednesday

	Calories	Exercise	Notes
Breakfast			
Lunch			
Dinner			

Thursday

	Calories	Exercise	Notes
Breakfast			
Lunch			
Dinner			

Friday

	Calories	Exercise	Notes
Breakfast			
Lunch			
Dinner			

Saturday

	Calories	Exercise	Notes
Breakfast			
Lunch			
Dinner			

Sunday

	Calories	Exercise	Notes
Breakfast			
Lunch			
Dinner			