

Name _____

Date _____

Day # _____

Diet and Exercise Journal

Breakfast	Calories	Fat	Protein	Exercise Log
_____	_____	_____	_____	1. _____
_____	_____	_____	_____	Estimated Calories Burned:
_____	_____	_____	_____	<input type="text"/>
_____	_____	_____	_____	2. _____
_____	_____	_____	_____	Estimated Calories Burned:
_____	_____	_____	_____	<input type="text"/>
_____	_____	_____	_____	3. _____
_____	_____	_____	_____	Estimated Calories Burned:
_____	_____	_____	_____	<input type="text"/>
_____	_____	_____	_____	4. _____