

Day:

Meal/	Food Item:	Calories:
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		
Daily Total:		

Daily Habits:

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits/Veggies: ☐ ☐ ☐ ☐ ☐

Exercise:

Day:

Meal/	Food Item:	Calories:
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		
Daily Total:		

Daily Habits:

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits/Veggies: ☐ ☐ ☐ ☐ ☐

Exercise: