

# Motivational Food and Exercise Diary

Date: \_\_\_\_\_

S M T W T F S

Exercise	Time	Distance	Sets	Steps	Weight

**BREAKFAST** Time: \_\_\_\_\_

\_\_\_\_\_

Calories/ Points: \_\_\_\_\_

**LUNCH** Time: \_\_\_\_\_

\_\_\_\_\_

Calories/ Points: \_\_\_\_\_

**DINNER** Time: \_\_\_\_\_

\_\_\_\_\_

Calories/ Points: \_\_\_\_\_

**SNACKS** Time: \_\_\_\_\_

\_\_\_\_\_

Calories/ Points: \_\_\_\_\_