

Daily Food and Exercise Journal

Write down ALL foods and liquids consumed. Use one page per day.

Date: _____ Name: _____

Time	Amount (tsp, Tbsp, ounces, cups)	Food/Condiment/Supplement (please include methods of preparation or cooking, added condiments, and brands, etc.)	Protein Is this a good source of Protein?
Time	Amount	Breakfast	Yes or No?
Time	Amount	Lunch	Yes or No?
Time	Amount	Dinner	Yes or No?
Time	Amount	Snack(s)	Yes or No?
Time	Amount	Liquids (beverages)	Yes or No?

Exercise /Activity	Type: (Description)	How long?
Yes or No?		
Yes or No?		

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http://www.mylapsurgeon.com/pdfs/ResourcesPageDocs/Daily_food_exercise_journal.pdf or maintain a food and
 exercise log online at www.fitday.com