

## Diet Journal / Exercise Log

Name:

Please complete your "Diet Journal/ Exercise Log" every day for the next week.

1. Make note of the time that you wake up.
2. List and describe in detail all the food and drinks that you consume. The more information that you provide, the better we will be able to evaluate your diet and provide the most healthful suggestions. Some examples of helpful information to include are: the amount of each item, whether the food was fresh, frozen, canned, raw, cooked, baked or fried; the time of each meal or snack; and any condiments that were used.
3. List the amount of water and other fluids you drink in the section provided.
4. List the type and duration of exercise or activity you completed in the section at the bottom.
5. Note the type and duration of any periods of relaxation that you have throughout the day.
6. Record the time you go to bed each night.

Day 1	Date
Wake up:	
Morning meal	
Time:	
Snack time:	
Mid-Day meal	
Time:	
Snack time:	
Evening meal	
Time:	
Snack time:	
Water (ounces)	
Other drinks (that are not listed with meals/snacks above)	
Activity/ Exercise What kind: How long:	
Relaxation What type: How long:	
Sleep time:	



	Day 2 Date	Day 3 Date
Wake up:		
Morning meal		
Time:		
Snack time:		
Mid-Day meal		
Time:		
Snack time:		
Evening meal		
Time:		
Snack time:		
Water (ounces)		
Other drinks (that are not listed with meals/snacks above)		
Activity/ Exercise What kind: How long:		
Relaxation What type: How long:		
Sleep time:		

	Day 4 Date	Day 5 Date
Wake up:		
Morning meal		
Time:		
Snack time:		
Mid-Day meal		
Time:		
Snack time:		
Evening meal		
Time:		
Snack time:		



Water (ounces)		
Other drinks (that are not listed with meals/snacks above)		
Activity/ Exercise What kind: How long:		
Relaxation What type: How long:		
Sleep time:		

	Day 6 Date	Day 7 Date
Wake up:		
Morning meal  Time:		
Snack time:		
Mid-Day meal  Time:		
Snack time:		
Evening meal  Time:		
Snack time:		
Water (ounces)		
Other drinks (that are not listed with meals/snacks above)		
Activity/ Exercise What kind: How long:		
Relaxation What type: How long:		
Sleep time:		

