

DATE: _____ Su M Tu W Th F Sa



NUTRITION GOAL: _____ Calories or _____ Fat Grams each day

Food Journal	Calories	Fat Grams
Breakfast:		
Lunch:		
Dinner:		
Snacks:		
Total:		

Water: 
 (8 oz. = 1 cup = 0.24 L)

EXERCISE GOAL: _____ minutes each day

Type of Activity	# of Minutes or Pedometer Steps

STRESS: (YES/NO, HIGH/LOW) THOUGHTS: _____
