

Name

Date

Weekly Food and Exercise Log

<u>Days</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>	<u>Drinks</u>	<u>Exercise</u>	<u>*Mood</u>
<u>Monday</u>								
<u>Tuesday</u>								
<u>Wednesday</u>								
<u>Thursday</u>								
<u>Friday</u>								
<u>Saturday</u>								
<u>Sunday</u>								

***MOOD 1= LOW 2=OK 3=GOOD 4= VERY GOOD 5= AMAZING**