

# Daily Food and Exercise Log

Date \_\_\_\_\_

<b>FOOD</b>	<b>time</b>	<b>food choice</b>	<b>hunger</b> <i>1 - 10</i>	<b>feelings before &amp; after eating?</b>	<b>how's your body?</b> <i>(any issues? energy level? anything good or bad?)</i>
<b>breakfast</b>					
<b>snack</b>					
<b>lunch</b>					
<b>snack</b>					
<b>dinner</b>					
<b>snack</b> <i>(optional)</i>					

**water intake:** 1 2 3 4 5 6 7 8 *(circle as you drink throughout the day)*

## EXERCISE

<b>duration</b>	<b>description</b>	<b>intensity</b> <i>(light, moderate, vigorous)</i>	<b>good, bad, indifferent?</b>

**How do you feel today?** \_\_\_\_\_

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