

Name \_\_\_\_\_ Date \_\_\_\_\_

Day 1
Wake Up Time _____
Morning Meal Time _____
Morning Snack Time _____
Midday Meal Time _____
Afternoon Snack Time _____
Evening Meal Time _____
Evening Snack Time _____
Water/Drinks (not listed with meals above)
Activity/Exercise (detail type and duration)
Relaxation/Sleep (detail type and duration)

Please complete your "Diet & Exercise Log" every day.

1. Make note of the time you wake up.
2. List and describe in detail all foods and drinks, including the amount of each. Be sure to list everything, including condiments used (e.g., mayonnaise, mustard, relish). Make note as to whether the food was fresh, frozen, canned, raw, cooked, baked, fried, etc.
3. Note the time of each meal or snack.
4. Include any strong feelings, symptoms or changes in energy that may arise either between meals or relative to foods you are consuming (e.g. happiness, sadness, anger, indigestion, fatigue).
5. Keep track of how much water you drink and list the amount in ounces (or ml or l) in the section provided. Also note the type and amount of any other drinks you consume.
6. Write down any activity or exercise you do, listing the kind of exercise you did and for how long you did it.
7. Note any periods of relaxation and what kind of relaxation it was.
8. Note the time you go to sleep.

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_

Day 2
Wake Up Time _____
Morning Meal Time _____
Morning Snack Time _____
Midday Meal Time _____
Afternoon Snack Time _____
Evening Meal Time _____
Evening Snack Time _____
Water/Drinks (not listed with meals above)
Activity/Exercise (detail type and duration)
Relaxation/Sleep (detail type and duration)

Day 3
Wake Up Time _____
Morning Meal Time _____
Morning Snack Time _____
Midday Meal Time _____
Afternoon Snack Time _____
Evening Meal Time _____
Evening Snack Time _____
Water/Drinks (not listed with meals above)
Activity/Exercise (detail type and duration)
Relaxation/Sleep (detail type and duration)

Name \_\_\_\_\_ Date \_\_\_\_\_

Day 4
Wake Up Time _____
Morning Meal Time _____
Morning Snack Time _____
Midday Meal Time _____
Afternoon Snack Time _____
Evening Meal Time _____
Evening Snack Time _____
Water/Drinks (not listed with meals above)
Activity/Exercise (detail type and duration)
Relaxation/Sleep (detail type and duration)

Day 5
Wake Up Time _____
Morning Meal Time _____
Morning Snack Time _____
Midday Meal Time _____
Afternoon Snack Time _____
Evening Meal Time _____
Evening Snack Time _____
Water/Drinks (not listed with meals above)
Activity/Exercise (detail type and duration)
Relaxation/Sleep (detail type and duration)

Name \_\_\_\_\_ Date \_\_\_\_\_

Day 6
Wake Up Time _____
Morning Meal Time _____
Morning Snack Time _____
Midday Meal Time _____
Afternoon Snack Time _____
Evening Meal Time _____
Evening Snack Time _____
Water/Drinks (not listed with meals above)
Activity/Exercise (detail type and duration)
Relaxation/Sleep (detail type and duration)

Day 7
Wake Up Time _____
Morning Meal Time _____
Morning Snack Time _____
Midday Meal Time _____
Afternoon Snack Time _____
Evening Meal Time _____
Evening Snack Time _____
Water/Drinks (not listed with meals above)
Activity/Exercise (detail type and duration)
Relaxation/Sleep (detail type and duration)