



DAILY FOOD & FITNESS LOG

MONDAY

8 oz. Glasses of Water ○○○○○○○○

Breakfast Serving Size Time of Day

	Serving Size	Time of Day

Lunch Serving Size Time of Day

	Serving Size	Time of Day

Dinner Serving Size Time of Day

	Serving Size	Time of Day

Snacks Serving Size Time of Day

	Serving Size	Time of Day

Beverages (other than water)

Workout Duration Time of Day

	Duration	Time of Day

TUESDAY

8 oz. Glasses of Water ○○○○○○○○

Breakfast Serving Size Time of Day

	Serving Size	Time of Day

Lunch Serving Size Time of Day

	Serving Size	Time of Day

Dinner Serving Size Time of Day

	Serving Size	Time of Day

Snacks Serving Size Time of Day

	Serving Size	Time of Day

Beverages (other than water) Time of Day

Workout Duration Time of Day

	Duration	Time of Day



DAILY FOOD & FITNESS LOG

WEDNESDAY

8 oz. Glasses of Water ○○○○○○○○○○

Breakfast Serving Size Time of Day

	Serving Size	Time of Day

Lunch Serving Size Time of Day

	Serving Size	Time of Day

Dinner Serving Size Time of Day

	Serving Size	Time of Day

Snacks Serving Size Time of Day

	Serving Size	Time of Day

Beverages (other than water)

Workout Duration Time of Day

	Duration	Time of Day

THURSDAY

8 oz. Glasses of Water ○○○○○○○○○○

Breakfast Serving Size Time of Day

	Serving Size	Time of Day

Lunch Serving Size Time of Day

	Serving Size	Time of Day

Dinner Serving Size Time of Day

	Serving Size	Time of Day

Snacks Serving Size Time of Day

	Serving Size	Time of Day

Beverages (other than water) Time of Day

Workout Duration Time of Day

	Duration	Time of Day



DAILY FOOD & FITNESS LOG

FRIDAY

8 oz. Glasses of Water ○○○○○○○○○○

Breakfast Serving Size Time of Day

	Serving Size	Time of Day

Lunch Serving Size Time of Day

	Serving Size	Time of Day

Dinner Serving Size Time of Day

	Serving Size	Time of Day

Snacks Serving Size Time of Day

	Serving Size	Time of Day

Beverages (other than water)

Workout Duration Time of Day

	Duration	Time of Day

SATURDAY

8 oz. Glasses of Water ○○○○○○○○○○

Breakfast Serving Size Time of Day

	Serving Size	Time of Day

Lunch Serving Size Time of Day

	Serving Size	Time of Day

Dinner Serving Size Time of Day

	Serving Size	Time of Day

Snacks Serving Size Time of Day

	Serving Size	Time of Day

Beverages (other than water) Time of Day

Workout Duration Time of Day

	Duration	Time of Day



DAILY FOOD & FITNESS LOG

SUNDAY

8 oz. Glasses of Water ○○○○○○○○○○

Breakfast Serving Size Time of Day

	Serving Size	Time of Day

Lunch Serving Size Time of Day

	Serving Size	Time of Day

Dinner Serving Size Time of Day

	Serving Size	Time of Day

Snacks Serving Size Time of Day

	Serving Size	Time of Day

Beverages (other than water)

	Serving Size	Time of Day

Workout Duration Time of Day

	Duration	Time of Day

Keeping a Daily Food & Fitness Log is an important tool in developing and maintaining a healthy lifestyle. Here are some questions to ask yourself at the end of each week:

What lifestyle changes did I make this week to live a happier, healthier life?

How am I doing with portion control and making healthy food choices?

Was I able to reach my fitness goals this week?

What did I do to give back to myself this week?

What would I like to focus on improving next week?