



FOOD LOG

This is meant to be an honest view of what you are eating in a day. Simply any time you put food in your mouth, you write it down. This will show you how much you are eating.

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast							

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
LUNCH							
DINNER							

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
SNACKS							



EXERCISE LOG

This will give a realistic movement pattern for you, so we can work from there!

Time	SUN	MON	TUES	WED	THURS	FRI	SAT
EXERCISE							