



Daily Food and Physical Activity Diary



WEEKLY GOAL: _____

DATE: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Record everything you eat and drink, and the time of day.							
Record type of activity and amount of time spent in minutes							
Record number of pedometer steps walked							

Record everything you eat and drink in the boxes provided. Record any physical activity. You can also log your pedometer steps. Review this log at the end of each week to see if you met your weekly goal/s. Use it to help you decide what goal/s to set for the next week.