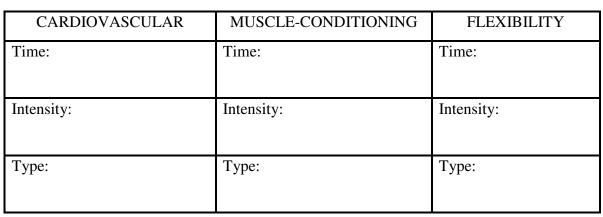


Presents

Daily Exercise and Nutrition Log

Date: _____

1. Exercise



2. Nutrition

Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Dinner
Time:	Time:	Time:	Time:	Time:
What:	What:	What:	What:	What:
Location/	Location/	Location/	Location/	Location/
Environment:	Environment:	Environment:	Environment:	Environment:
Feelings:	Feelings:	Feelings:	Feelings:	Feelings:

Did you drink 8 glasses of water today?	YES	NO	How many?			
Did you eat 5 vegetable servings today?	YES	NO	How many?			
Did you eat 3 fruit servings today?	YES	NO	How many?			
Did you eat 5 small meals/snacks today?	YES	NO	How many?			
Did you drink any alcohol today?	YES	NO	How much?			
Did you stop eating 2-3 hours before bed?	YES	NO	When?			
Comment on today's mood/energy/psychological state:						
5. Today I am grateful for:						
4. My major accomplishment(s) today were:						
Were today's goals achieved? YES NO						
Tomorrow's goal(s) will be:						