Daily Fo	od Diary	Date:

Print out this daily diary and use it to track what you eat each day. When you start on a weight loss plan, you can also use it to track calories, fat, and protein if you wish. (Use our <u>Nutrition Toolbox</u> to find out details about your foods.) Don't forget to include your beverages, including alcoholic drinks.

	Food or drink	Calorles	Fat(g)	Protein(g)	Other
Breakfast					
	Total				
.unch			3		
				-	
	Total				
Dinner					
			·	-	
76					
	· Total		•		
Snacks					
	Total				
	Total for the day				
otes					
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Sunday Monday Tuesday Wednesday Thursday Friday Saturday Total time: Total calories burned:	Fitness Diar	y	Name:							
Sunday Monday Tuesday Wednesday Friday Saturday Total time: Total calories burned: Time Activity Place Calories Time Activity Place Calories	If you write down y how much you're m	when you ex anaging to	ercise, and for how fit in (our memoric	w long, you'll es can be tric	have a sense ky!). Rememb	of accomp	lishment – and a bet s little as 15 minutes	ter idea of counts!		
Sunday Monday Tuesday Wednesday Thursday Friday Saturday Total calories burned: Date:	Date:	to	-			Starting weight:				
Monday Tuesday Wednesday Thursday Friday Saturday Total time: Total calories burned: Date:to Starting weight: Starting weight: Time Activity Place Calories Sunday Monday Tuesday Wednesday Thursday Thursday Thursday		Time	Activity	Place	Calories	Time	Activity	Place	Calories	
Tuesday Wednesday Thursday Friday Saturday Total time: Total calories burned: Starting weight: Time Activity Place Calories Sunday Monday Tuesday Wednesday Thursday Thursday Thursday	Sunday									
Wednesday Image: Starting weight: Sta	Monday									
Thursday Friday Saturday Total time: Total calories burned: Date: to Starting weight: Time	Tuesday							-		
Friday Saturday Total time: Total calories burned: Date: to Starting weight: Time	Wednesday									
Saturday Total time: Total calories burned: Date: to Starting weight: Time Activity Place Calories Time Activity Place Calorio Sunday Monday Tuesday Wednesday Thursday Thursday	Thursday									
Total time: Total calories burned: Date:to Starting weight: Time Activity Place Calories Time Activity Place Calorie Sunday	Friday									
Date:	Saturday						<u></u>	-		
Date:	Total time:		_ Total ca	lories bu	rned:		>	-1	J	
Time Activity Place Calories Time Activity Place Calories Sunday Monday Tuesday Wednesday Thursday										
Time Activity Place Calories Time Activity Place Calories Sunday Monday Tuesday Wednesday Thursday										
Sunday Monday Tuesday Wednesday Thursday	Date:to			Starting weight:						
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Tuesday Wednesday Thursday	Sunday									
Wednesday	Monday									
Thursday	Tuesday						•			
	Wednesday									
Friday	Thursday							3		
	Friday									
Saturday	Saturday		-			-				

Total calories burned: _____

Total time:_____