

Daily Food 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 [Nutrition Toolbox](#) to find out details about your foods.) Don't forget to include your beverages, including alcoholic drinks.

	Food or drink	Calories	Fat(g)	Protein(g)	Other
Breakfast					
Total					
Lunch					
Total					
Dinner					
Total					
Snacks					
Total					
Total for the day					
Notes					

Fitness Diary

Name: _____

If you write down when you exercise, and for how long, you'll have a sense of accomplishment – and a better idea of how much you're managing to fit in (our memories can be tricky!). Remember, even as little as 15 minutes counts!

Date: _____ to _____

Starting weight: _____

	Time	Activity	Place	Calories	Time	Activity	Place	Calories
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Total time: _____ Total calories burned: _____

Date: _____ to _____

Starting weight: _____

	Time	Activity	Place	Calories	Time	Activity	Place	Calories
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Total time: _____ Total calories burned: _____