

Name \_\_\_\_\_ **Daily Intake & Exercise Diary**

Date \_\_\_\_\_

Date \_\_\_\_\_

Food	Calories	Fats	Fiber	Carbs
<i>Breakfast:</i>				
<i>Snack:</i>				
<i>Lunch:</i>				
<i>Snack:</i>				
<i>Dinner:</i>				
<i>Snack:</i>				
<i>Total:</i>				

Food	Calories	Fats	Fiber	Carbs
<i>Breakfast:</i>				
<i>Snack:</i>				
<i>Lunch:</i>				
<i>Snack:</i>				
<i>Dinner:</i>				
<i>Snack:</i>				
<i>Total:</i>				

Exercise	Duration

Exercise	Duration