

Food and Exercise Dairy

| | Breakfast | Lunch | Dinner | Activity | Health Check |
|-----------|-----------|-------|--------|----------|--------------|
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |

Common Abbreviations:

C = cup Tbsp = tablespoon tsp = teaspoon Glass = 8fl.oz

Please feel free to make up your own abbreviations. Example- Chicken= chic,
Iced Tea= T, Biscuit=Bisc., Hamburger= HamB, Orange Juice=OJ, and Etc.....