

Food Intake & Exercise Log

Name: _____

Date: _____

	FOOD DESCRIPTION	SERVING SIZE	TIME OF DAY	HUNGER LEVEL
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				

Water Intake (ounces)

Exercise Log

Type of Workout (cardio, strength, yoga, etc)	Time of Day	How long?