



Daily Food and Activity Log for:

Date:

	Foods You Ate (Include the amounts you ate)	Dairy Milk, Cheese, Yogurt	Vegetables Tomatoes, Carrots, Salad	Fruit Orange, Apple, Kiwi	Grains Bread, Pasta, Tortilla, Rice	Protein Meat, Beans, Nuts	Empty Calories Bacon, Jam, Fries Sports drinks
	<i>Example: Bean, cheese and rice burrito, small bag chips, salsa, guacamole</i>	X	X		XX	X	X
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

Activities You Did	Time (Minutes)	Intensity		
		Low	Moderate	Vigorous