



DAILY FOOD & FITNESS LOG

GET MOVING, EAT RIGHT & THINK POSITIVELY

MONDAY

8 oz. Glasses of Water ○○○○○○○○

Breakfast Serving Size Time of Day

Lunch Serving Size Time of Day

Dinner Serving Size Time of Day

Snacks Serving Size Time of Day

Beverages (other than water)

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Workout Duration Time of Day

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TUESDAY

8 oz. Glasses of Water ○○○○○○○○

Breakfast Serving Size Time of Day

Lunch Serving Size Time of Day

Dinner Serving Size Time of Day

Snacks Serving Size Time of Day

Beverages (other than water) Time of Day

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Workout Duration Time of Day

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GET MOVING, EAT RIGHT & THINK POSITIVELY

WEDNESDAY

8 oz. Glasses of Water ○○○○○○○○

Breakfast Serving Size Time of Day

Lunch Serving Size Time of Day

Dinner Serving Size Time of Day

Snacks Serving Size Time of Day

Beverages (other than water)

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Workout Duration Time of Day

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THURSDAY

8 oz. Glasses of Water ○○○○○○○○

Breakfast Serving Size Time of Day

Lunch Serving Size Time of Day

Dinner Serving Size Time of Day

Snacks Serving Size Time of Day

Beverages (other than water) Time of Day

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Workout Duration Time of Day

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GET MOVING, EAT RIGHT & THINK POSITIVELY

FRIDAY

8 oz. Glasses of Water ○○○○○○○○

Breakfast Serving Size Time of Day

Lunch Serving Size Time of Day

Dinner Serving Size Time of Day

Snacks Serving Size Time of Day

Beverages (other than water)

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Workout Duration Time of Day

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SATURDAY

8 oz. Glasses of Water ○○○○○○○○

Breakfast Serving Size Time of Day

Lunch Serving Size Time of Day

Dinner Serving Size Time of Day

Snacks Serving Size Time of Day

Beverages (other than water) Time of Day

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Workout Duration Time of Day

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DAILY FOOD & FITNESS LOG

GET MOVING, EAT RIGHT & THINK POSITIVELY

SUNDAY

8 oz. Glasses of Water ○○○○○○○○

Breakfast Serving Size Time of Day

	Serving Size	Time of Day

Lunch Serving Size Time of Day

	Serving Size	Time of Day

Dinner Serving Size Time of Day

	Serving Size	Time of Day

Snacks Serving Size Time of Day

	Serving Size	Time of Day

Beverages (other than water)

	Serving Size	Time of Day

Workout Duration Time of Day

	Duration	Time of Day

Keeping a Daily Food & Fitness Log is an important tool in developing and maintaining a healthy lifestyle. Here are some questions to ask yourself at the end of each week:

What lifestyle changes did you make this week to live a happier, healthier life?

How are you doing with portion control and making healthy food choices?

Were you able to reach your fitness goals this week?

What did you do to give back to yourself this week?

What would you like to focus on improving next week?