

Fridge Magnet



**Food & Exercise Diary**

Name: \_\_\_\_\_

Fill in your food & exercise as you go to help see where you can try to improve each week

Meal		Date / /	Date / /	Date / /	Date / /	Date / /	Date / /	Date / /
Breakfast	Protein							
	Carbs							
	Vitamins							
Morning Tea								
Lunch	Protein							
	Carbs							
	Vitamins							
A/ Tea								
Dinner	Protein							
	Carbs							
	Vitamins							
Supper								
Exercise								
Time								
Type								
Duration								
Water								
Thoughts/ Questions?								

My Health Goals - 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_