



Daily Food and Physical Activity Log



WEEKLY GOAL: _____ DATE: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Record everything you eat and drink, and the time of day.							
Physical Activity: Type and Time in minutes							
Pedometer steps							

Record everything you eat and drink in the boxes provided. If you'd also like to track the nutrients and calories in your diet, a free nutrient calculator is available at <http://nal.usda.gov/fnic/foodcomp/search/>.

Record any physical activity. You can also log your pedometer steps. Review this log at the end of each week to see if you met your weekly goal/s. Use it to help you decide what goal/s to set for the next week.