

Daily Food and Exercise Diary

HEALTHIER is
 happier!

<u>LIQUIDS</u>																								
<u>VITAMINS</u> <u>MEDS</u>																								
BREAKFAST																								
SNACK																								
LUNCH																								
SNACK																								
DINNER																								
SNACK {brush teeth}																								
EXERCISE Type/intensity Minutes																								
PMA 1-10																								
ENERGY 1-10																								
OTHER COMMENTS:																								