

Daily Food and Exercise Diary

HEALTHIER is
→ happier!

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