

Food & Fitness Log



Week beginning Monday _____

Monday	Breakfast _____ Lunch _____ Dinner _____ Snacks _____	Today's exercise _____ _____ How I felt today _____ <input type="checkbox"/> Terrific <input type="checkbox"/> OK <input type="checkbox"/> Below average
Tuesday	Breakfast _____ Lunch _____ Dinner _____ Snacks _____	Today's exercise _____ _____ How I felt today _____ <input type="checkbox"/> Terrific <input type="checkbox"/> OK <input type="checkbox"/> Below average
Wednesday	Breakfast _____ Lunch _____ Dinner _____ Snacks _____	Today's exercise _____ _____ How I felt today _____ <input type="checkbox"/> Terrific <input type="checkbox"/> OK <input type="checkbox"/> Below average
Thursday	Breakfast _____ Lunch _____ Dinner _____ Snacks _____	Today's exercise _____ _____ How I felt today _____ <input type="checkbox"/> Terrific <input type="checkbox"/> OK <input type="checkbox"/> Below average
Friday	Breakfast _____ Lunch _____ Dinner _____ Snacks _____	Today's exercise _____ _____ How I felt today _____ <input type="checkbox"/> Terrific <input type="checkbox"/> OK <input type="checkbox"/> Below average
Saturday	Breakfast _____ Lunch _____ Dinner _____ Snacks _____	Today's exercise _____ _____ How I felt today _____ <input type="checkbox"/> Terrific <input type="checkbox"/> OK <input type="checkbox"/> Below average
Sunday	Breakfast _____ Lunch _____ Dinner _____ Snacks _____	Today's exercise _____ _____ How I felt today _____ <input type="checkbox"/> Terrific <input type="checkbox"/> OK <input type="checkbox"/> Below average

My Week	What were my successes this week? _____ Where did my plan go off track this week? _____ What can I do differently next week? _____
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