

man on top

lose fat, get fit, and control your weight for life

Dates: _____ to _____

Daily Food & Activity Log

Day	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday Food						
Monday Activity						
Tuesday Food						
Tuesday Activity						
Wednesday Food						
Wednesday Activity						
Thursday Food						
Thursday Activity						
Friday Food						
Friday Activity						
Saturday Food						
Saturday Activity						
Sunday Food						
Sunday Activity						

Use the "Breakfast," "Snack," "Lunch," etc. columns for reference times only.