

Daily Food and Exercise Log

Name: _____ Daily Calorie Goal: _____ Date: _____

Meal	Food & Liquid	Calories
Breakfast: Time: Place: Mood:		
Snack: Time/Place: Mood:		
Lunch: Time: Place: Mood:		
Snack: Time/Place: Mood:		
Dinner: Time: Place: Mood:		
Snack: Time/Place: Mood:		
Exercise: Time: Minutes: Intensity:	Activity Performed	Calories Burned

Directions:

- List the time you eat and the amount of all food and drink consumed.
- List observations about where you are eating (kitchen, movies) and any actions you may be doing (watching TV, Driving), and your mood when you are eating (stressed, happy, rushed, etc.).
- List calories of food and drink, and calories burned, if known.