Week 1 Nutrition and Exercise Journal

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Dinner | Snacks | Soda | Exercise (Activity/Minutes) |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |

Week 2 Nutrition and Exercise Journal

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Dinner | Snacks | Soda | Exercise (Activity/Minutes) |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |

Week 3 Nutrition and Exercise Journal

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Dinner | Snacks | Soda | Exercise (Activity/Minutes) |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |
| Sunday |  |  |  |  |  |  |