

**YOUR DAILY FOOD, BEVERAGE, AND ACTIVITY JOURNAL.**

Your	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Weight height BMI							
Breakfast							
Lunch							
Snacks, dessert							
Dinner							
Beverage s							
Exercise (type, min)							

References: Bauman, E. 2011. Foundation of Nutrition. Bauman College, Penngrove, CA