

# Daily Diary

Use this handy diary to record what you eat each day and your activity too.

Eating Well Goals: \_\_\_\_\_

Goals met? Yes or No

Being Fit Goals: \_\_\_\_\_

Goals met? Yes or No

Day / Date \_\_\_\_\_

Meal	Time & Place	Food & Amount	How did I feel? / What was I doing?
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Activity (Record type and length of time each was performed)