

# Food and Exercise Diary\*

Date: \_\_\_\_\_

Meal	Food/Beverage	Amount	Fat/Carb/ Calories	Physical Activity (Exercise)
Breakfast				
Lunch				
Dinner				
Snacks				



# Food and Exercise Diary

Date: \_\_\_\_\_

Meal	Food/Beverage	Amount	Fat/Carb/ Calories	Physical Activity (Exercise)
Breakfast	bran flakes banana milk toast light margarine orange juice coffee, regular	1 cup 1 small ¾ cup 1 slice 1 teaspoon ¾ cup 1 cup		Walked for 30 minutes before breakfast.
Lunch	whole wheat bread lean roast beef lettuce tomato mayonnaise (low calorie) apple water	2 slices 2 ounces 1 leaf 3 medium slices 2 teaspoons  1 medium 8 ounces		
Dinner	salmon, broiled vegetable oil potato, baked margarine green beans (with margarine) carrots dinner roll, white	3 ounces 1 ½ teaspoon ¾ medium 1 teaspoon ½ cup  ½ cup 1 medium		
Snacks	popcorn margarine	2 ½ cups ½ teaspoon		Watched movies.

**\*Use this example for how to fill out the diary.**