

Daily Diet and Fitness Log

Today's Date _____

Describe your Meal	Calories
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

✓ Activity	Time Spent	Comments
Cardio/Walking		
Strength Training		
Stretching		
Other		
Other		
Other		

My water intake throughout the day 

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. —John F. Kennedy

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