



Daily Food Log

Goal for the day: _____

FOOD AND DRINK What did you eat? How was it prepared?	AMOUNT How much did you eat?	COMMENTS
Breakfast Time: ____:____		
Snack Time: ____:____		
Lunch Time: ____:____		
Snack Time: ____:____		
Supper Time: ____:____		
Snack Time: ____:____		

Circle all the carb foods you ate at each meal and snack.
Did you have three-four carb choices at your meals and one-two carb choices for snacks?

ACTIVITY OR EXERCISE RECORD What did you do?	For how long?	Comments

Did you do at least 20-30 minutes of physical activity today?