

Daily Food & Exercise Log

fitnessrocks.org

Date: _____ Weight (optional): _____ Sleep (hours): _____

FOOD

	What I ate and drank	Amount	Time
Breakfast			
Lunch			
Dinner			
Snacks			

WATER (color in a circle for each glass)



PROTEIN / VEGETABLES / FRUIT (tally)

Protein	
Vegetables	
Fruit	

EXERCISE

What I did	Minutes	How hard (easy / medium / hard)	Notes (weights, reps, distance)

STEPS (optional): _____

HOW I FELT TODAY (energy, mood, hunger)

ONE THING TO DO BETTER TOMORROW

Free printable from Fitness Rocks (fitnessrocks.org). For general tracking only; it is not medical advice. Talk to your doctor or a registered dietitian about your food and exercise plan.

Weekly Summary

Week of: _____

Start weight (optional): _____

End weight (optional): _____

	Workout (what and minutes)	Water	Sleep	Energy 1-5
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

DAYS I WORKED OUT THIS WEEK

WHAT WENT WELL

WHAT GOT IN THE WAY

MY GOAL FOR NEXT WEEK