



Nutrition is life.

food journal & activity log

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	the healthy waldNUT
Breakfast <i>(what and how much)</i> Time_____						
Snack <i>(what and how much)</i> Time_____						
Lunch <i>(what and how much)</i> Time_____						
Snack <i>(what and how much)</i> Time_____						
Dinner <i>(what and how much)</i> Time_____						
Snack <i>(what and how much)</i> Time_____						
Exercise <i>(what and how long)</i> Time_____						
Overall mood						
Improvement						