

<b>My Daily Food and Physical Activity Log</b>	<b>Date:</b>
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<b>Food Log:</b> Record what and how much you eat/drink for meals, snacks, or "just because". Put an "X" in the box to track when you eat or drink		<b>Physical Activity Log:</b> Record the type, intensity, and how much you exercise. Put an "X" in the box to track when you are physically active.
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<b>Morning</b>	<table border="1" style="margin: auto;"> <tr> <td style="width: 30px; text-align: center;">AM</td> <td style="width: 30px; text-align: center;">Time</td> <td style="width: 30px; text-align: center;">AM</td> </tr> </table>	AM	Time	AM	<b>Morning</b>
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<b>Food Notes:</b> (Was I hungry/thirsty when I ate/drank? What was my mood? Where was I? With whom?)		<b>Activity Notes:</b> (What was my mood before, during, and after exercising? What was the weather like?)
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