FOOD & ACTIVITY LOG

NAME: _____ DATE: _____

DATE	TIME (AM/PM)	FOOD			How was food prepared?	DRINK		Where did you eat?	Exercise (Type/Time Spent)
		TYPE	#Srv	Calories		TYPE	Amount		
1/1/12	*8am*	*eggs*	*2*		*scrambled*	*coffee*	*1 cup*	*car*	*walking/20 minutes*

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