

Food & Exercise Journal			
Time	What did you eat?	Water? Y/N	Exercise/Activity?
AM / PM			
AM / PM			
AM / PM			Energy/Mood?
AM / PM			
AM / PM			
AM / PM			Hours of Sleep

Include all meals & snacks. You don't need to exercise every day, but if you do, give a detailed description. Include how you felt throughout the day, as well as how many hours of sleep you got the night *before*.

