

Daily Food and Exercise Tracker

The simple act of tracking a behavior can change the behavior.

Date: _____ Weight: _____ Calorie Goal: _____ Exercise Goal: _____

Place your cursor where you would like to type. Hit the tab key after each numerical entry.

Meal (Time/Place/Activity/Mood)	Food and Drink (Amount Consumed)	Calories Consumed
BREAKFAST		
AM SNACK		
LUNCH		
AFTERNOON SNACK		
DINNER		
PM SNACK		
WATER	Mark a block for each 8 oz. glass of water you drink. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
+ TOTAL NUMBER OF CALORIES CONSUMED:		
Exercise (Time/Amount/Intensity/Steps)	Activity Performed	Calories Burned
- TOTAL NUMBER OF CALORIES BURNED:		

= TOTAL DAILY NET CALORIES: _____

(Total Calories Consumed minus Total Calories Burned)