



Food and Activity Tracker

Use this tracker as part of your daily routine to log the food you eat, anything you drink, as well as your activity. When you log your food, be sure to include everything—even snacks and drinks. And remember, lots of everyday activities, like gardening, count when you're logging your activity.

	Monday	Tuesday	Wednesday
Breakfast			
Lunch			
Dinner			
Snack			
Activity			

Keeping track of your food and activity will help you and your health care professional gain an understanding of your eating and activity behaviors and patterns. Be honest and open, so you can get the most of your discussion with your health care professional.

	Thursday	Friday	Saturday	Sunday
Breakfast				
Lunch				
Dinner				
Snack				
Activity				