

# Food & Exercise Log

Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

This exercise log will keep you on track with your eating and exercise schedule. Please print this PDF out so you can refer to it and fill it in each week while implementing your new lifestyle.

This worksheet contains 7 days of meal planning and exercise tracking. Once you complete week 1 you may print this form again for your next week of meal and exercise logging.

Need help? <http://slimdownsmart.com/contact>

Day 1 – Date:			
Task	Time	Details	Notes
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Water (oz)			
Additional Drinks			
Additional Foods			
Exercise			

<b>Day 2 – Date:</b>			
<b>Task</b>	<b>Time</b>	<b>Details</b>	<b>Notes</b>
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Water (oz)			
Additional Drinks			
Additional Foods			
Exercise			

<b>Day 3 – Date:</b>			
<b>Task</b>	<b>Time</b>	<b>Details</b>	<b>Notes</b>
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Water (oz)			
Additional Drinks			
Additional Foods			
Exercise			

<b>Day 4 – Date:</b>			
<b>Task</b>	<b>Time</b>	<b>Details</b>	<b>Notes</b>
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Water (oz)			
Additional Drinks			
Additional Foods			
Exercise			

<b>Day 5 – Date:</b>			
<b>Task</b>	<b>Time</b>	<b>Details</b>	<b>Notes</b>
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Water (oz)			
Additional Drinks			
Additional Foods			
Exercise			

<b>Day 6 – Date:</b>			
<b>Task</b>	<b>Time</b>	<b>Details</b>	<b>Notes</b>
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Water (oz)			
Additional Drinks			
Additional Foods			
Exercise			

<b>Day 7 – Date:</b>			
<b>Task</b>	<b>Time</b>	<b>Details</b>	<b>Notes</b>
Hours of Sleep?			
Meal 1			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Water (oz)			
Additional Drinks			
Additional Foods			
Exercise			