

Walking and Food Diary		Date:			
Breakfast Protein: Bread/starch: Dairy: Water:		Time ate: Vegetables: Fruit: Fat: Comment:			
Lunch Protein: Bread/starch: Dairy: Water:		Time ate: Vegetables: Fruit: Fat: Comment:			
Snacks Protein: Bread/starch: Dairy: Water:		Time(s) ate: Vegetables: Fruit: Fat: Comment:			
Dinner Protein: Bread/starch: Dairy: Water:		Time ate: Vegetables: Fruit: Fat: Comment:			
Walks:	Distance	Time	Speed	Steps	Calories
Other Exercise:					
Successes and Lessons Learned:					