

# Exercise Diary

Date	Type of Activity	Minutes of Activity	Resting Heart Rate*	Exercise Heart Rate*	Comments and Notes#

\*Count your heartbeats before and right after exercise for 10 seconds, and multiply by 6 to get your heart rate.

#Include comments on your mood before and after your workout, if it was the first workout of the week, etc.



# Daily Food Diary

Date: \_\_\_\_\_  
(MM/DD/YY)

Write the food and beverage item(s) you consumed for each meal and snack in the appropriate row.  
Some items may be appropriate for multiple rows. For example, yogurt is a dairy product and is high in protein.

	Breakfast	Snack	Lunch	Snack	Dinner
Time ate					
Protein					
Fruit					
Dairy					
Bread					
Starch					
Vegetables					
Fat					
Water					
Other Drinks					

