

## NUTRITION & ACTIVITY JOURNAL (Fill out for each day)

Name \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

### NUTRITION

Time	Length of meal	Food Type & Amount (be as specific as possible)	Liquid type & Amount	Supplement & Medication type & amount	Where & with whom	Feelings/Energy before meal	Feelings/Energy after meal

### DAILY ACTIVITY & EXERCISE

Time/Energy/Emotions before and after activity	Type of activity	Length of activity	Location of activity & with whom