

# 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: \_\_\_\_\_

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