



Weekly Food and Activity Diary

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Week of:

Instructions: Write down all foods that you eat and any beverages that you drink, as well as any physical activity (type and amount of time) for each day of the week.

Breakfast						
Lunch						
Dinner						
Snacks						
Beverage						



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**Physical
Activity**

Type	Type	Type	Type	Type	Type	Type
Amount of Time	Amount of Time	Amount of Time	Amount of Time	Amount of Time	Amount of Time	Amount of Time
_____	_____	_____	_____	_____	_____	_____

Weekly Weigh-in: _____