



Weekly Food, Activity, and Sleep Log

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Week of:

Instructions: Write down all of the foods that you eat and any beverages that you drink. Include amounts (serving size) for each item. Write down any physical activity that you perform (type and amount of time) for each day of the week. Lastly, record how many hours of sleep you get for each night of the week.

	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACK(S)							
BEVERAGES							
EXERCISE TIME & TYPE							
TOTAL HOURS OF SLEEP							