

WATER: 8 oz. glasses of water consumed today: _ _ _ _ _

TIME/MEAL	Hunger 1=not hungry 5=very hungry	FOOD, BEVERAGES, SNACKS (rice cake, fruit, diet drink, kavli...) INDICATE AMOUNTS, LIKES & DISLIKES; ANY PREFERENCES	SITUATION/FEELINGS before and/or after eating
BREAKFAST			
LUNCH			
DINNER			

WALKS:	DISTANCE	TIME	STEPS	CALORIES
#1 _____	_____	_____	_____	_____
#2 _____	_____	_____	_____	_____

OTHER EXERCISE:

NOTES: (THOUGHTS, FEELINGS, SUCCESSES & LESSONS LEARNED TODAY)