

Walking and Food Diary			Date:			
Breakfast			Time ate:			
Protein:			Vegetables:			
Bread/starch:			Fruit:			
Dairy:			Fat:			
Water:			Comment:			
Lunch			Time ate:			
Protein:			Vegetables:			
Bread/starch:			Fruit:			
Dairy:			Fat:			
Water:			Comment:			
Snacks			Time(s) ate:			
Protein:			Vegetables:			
Bread/starch:			Fruit:			
Dairy:			Fat:			
Water:			Comment:			
Dinner			Time ate:			
Protein:			Vegetables:			
Bread/starch:			Fruit:			
Dairy:			Fat:			
Water:			Comment:			
Walks:	Distance	Time	Speed	Steps	Calories	
Other Exercise:						
Successes and Lessons Learned:						