



Nutrition and Exercise Diary

For many of us, improving our physical health is an important part of recovery. Tracking what we eat and the exercises we do can help us with healthy eating, gaining strength, and sustaining motivation. Use this nutrition and exercise diary to keep focused on attaining and maintaining your whole health recovery goals.

My Whole Health Recovery Goal: _____

Sunday (date: _____)	Description	Calories	Protein	Carbs	Fat	How do I feel?
Breakfast						
Lunch						
Dinner						
Snack (s)						
Exercise						
Monday (date: _____)	Description	Calories	Protein	Carbs	Fat	How do I feel?
Breakfast						
Lunch						
Dinner						
Snack (s)						
Exercise						
Tuesday (date: _____)	Description	Calories	Protein	Carbs	Fat	How do I feel?
Breakfast						
Lunch						
Dinner						
Snack (s)						
Exercise						
Wednesday (date: _____)	Description	Calories	Protein	Carbs	Fat	How do I feel?
Breakfast						
Lunch						
Dinner						
Snack (s)						
Exercise						
Thursday (date: _____)	Description	Calories	Protein	Carbs	Fat	How do I feel?
Breakfast						
Lunch						
Dinner						
Snack (s)						
Exercise						
Friday (date: _____)	Description	Calories	Protein	Carbs	Fat	How do I feel?
Breakfast						
Lunch						
Dinner						
Snack (s)						
Exercise						
Saturday (date: _____)	Description	Calories	Protein	Carbs	Fat	How do I feel?
Breakfast						
Lunch						
Dinner						
Snack (s)						
Exercise						