

## Daily Food/Exercise/Hydration Log

Date: \_\_\_\_\_ Su M Tu W Th F Sa

[illegible]

Water (1 cup per circle)

1 cup = 8 fluid oz

Other beverages:

Time	Activity	Minutes

Date: \_\_\_\_\_ Su M Tu W Th F Sa

[illegible]

**Water (1 cup per circle)**

1 cup = 8 fluid oz

Other beverages:

Time	Activity	Minutes

Date: \_\_\_\_\_ Su M Tu W Th F Sa

(1-7)	(1-7)	Hunger	Food	Qty	Time
					:
					<u>Comments:</u>

Hours of Sleep

Water (1 cup per circle)

1 cup = 8 fluid oz

Other beverages:

Time	Activity	Minutes