Diet and Exercise Record for the week of _____-_____

Diet Record (Estimated Caloric Intake)

Basal Metabolic Rate (BMR)=_____kcal/day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Extras							
Daily Total							
Daily Average=		(total for week)/7 Days=			kcal/day		

Exercise Record

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walking							
Jogging							
Bicycle							
Aerobics							
Weight Lifting							
Other:							
Other:							
Daily Time							
Daily Average=		(total hours or minutes for week)/7 Days=			(hours or minutes)/day		

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