



Welcome to  
**WELLNESS**

## Welcome to Wellness 7 Day Diet and Exercise Log

Name: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-Up Time:							
<b>Morning Meal</b>							
Time							
<b>Snack</b>							
Time							
<b>Mid-day Meal</b> (fresh, frozen, canned, raw, cooked, baked, fried, etc.)							
Time							
<b>Snack</b>							
Time							
<b>Evening Meal</b> (fresh, frozen, canned, raw, cooked, baked, fried, etc.)							
Time							
<b>Snack</b>							
Time							
<b>Water (ounces)</b>							
<b>Other drinks:</b>							
<b>Exercise/Activity</b>							
What kind? How long?							
<b>Relaxation</b>							
What kind? How long?							
Sleep Time:							
<b>Bowel Movements</b>							
Consistency? Time of Day?							