

Shape It Up! Lifestyle Solutions
Food and Fitness Journal

Commencement Date:

Day One

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DRINKS

Fitness

ACTIVITY/DURATION

MOTIVATION

MOOD

Daily Energy Level

circle to indicate average level

(1 is low - 10 is high)

1 2 3 4 5 6 7 8 9 10

Day Two

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DRINKS

Fitness

ACTIVITY/DURATION

MOTIVATION

MOOD

Daily Energy Level

circle to indicate average level

(1 is low - 10 is high)

1

2

3

4

5

6

7

8

9

10

Day Three

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DRINKS

Fitness

ACTIVITY/DURATION

MOTIVATION

MOOD

Daily Energy Level

circle to indicate average level

(1 is low - 10 is high)

1

2

3

4

5

6

7

8

9

10

Day Four

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DRINKS

Fitness

ACTIVITY/DURATION

MOTIVATION

MOOD

Daily Energy Level

circle to indicate average level

(1 is low - 10 is high)

1 2 3 4 5 6 7 8 9 10

Day Five

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DRINKS

Fitness

ACTIVITY/DURATION

MOTIVATION

MOOD

Daily Energy Level

circle to indicate average level

(1 is low - 10 is high)

1 2 3 4 5 6 7 8 9 10

Day Six

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DRINKS

Fitness

ACTIVITY/DURATION

MOTIVATION

MOOD

Daily Energy Level

circle to indicate average level

(1 is low - 10 is high)

1 2 3 4 5 6 7 8 9 10

Day Seven

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DRINKS

Fitness

ACTIVITY/DURATION

MOTIVATION

MOOD

Daily Energy Level

circle to indicate average level

(1 is low - 10 is high)

1 2 3 4 5 6 7 8 9 10