



Digital Clinicians

DAILY Food & Exercise Log

Food	Sugar (g)	Serving Size	X	Serving you ate	=	Total	Sodium(g)	Serving Size	X	Serving you ate	=	Total
Breakfast												
			X		=				X		=	
			X		=				X		=	
			X		=				X		=	
			X		=				X		=	
			X		=				X		=	
Exercise (min)							Water (oz)					
Lunch												
			X		=				X		=	
			X		=				X		=	
			X		=				X		=	
			X		=				X		=	
			X		=				X		=	
Exercise (min)							Water (oz)					
Dinner												
			X		=				X		=	
			X		=				X		=	
			X		=				X		=	
			X		=				X		=	
			X		=				X		=	
Exercise (min)							Water (oz)					
TOTAL / DATE =												
Weight-	Total Water -		Total Sugar -			Total Min Exercise-			Total Sodium-			