

# FOOD & ACTIVITY LOG

Amy Stephens, MS, RD, CDE  
(646) 391 4868 or amy@amystephensnutrition.com

Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_

	<b>Time &amp; Food (Estimate portion size/amount)</b>	<b>Activity (Type and length of time)</b>
<b>Monday</b>  Day/Date: _____	Breakfast  Lunch  Dinner	
<b>Tuesday</b>  Day/Date: _____	Breakfast  Lunch  Dinner	
<b>Wednesday</b>  Day/Date: _____	Breakfast  Lunch  Dinner	

	<b>Time &amp; Food (Estimate portion size/amount)</b>	<b>Activity (Type and length of time)</b>
<b>Thursday</b>  Day/Date: _____	Breakfast  Lunch  Dinner	
<b>Friday</b>  Day/Date: _____	Breakfast  Lunch  Dinner	
<b>Saturday</b>  Day/Date: _____	Breakfast  Lunch  Dinner	
<b>Sunday</b>  Day/Date: _____	Breakfast  Lunch  Dinner	