

# Weekly Food & Exercise Journal



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

Your goal is to record at least 7 meals & complete 150 minutes of exercise during the week.

Please print your name.

|  | Sunday         | Monday         | Tuesday        | Wednesday      | Thursday       | Friday         | Saturday                          |
|--|----------------|----------------|----------------|----------------|----------------|----------------|-----------------------------------|
| <b>Date</b>  |                |                |                |                |                |                |                                   |
| <b>Breakfast</b>                                   |                |                |                |                |                |                |                                   |
| <b>Lunch</b>                                       |                |                |                |                |                |                |                                   |
| <b>Dinner</b>                                      |                |                |                |                |                |                |                                   |
| <b>Snacks</b>                                      |                |                |                |                |                |                |                                   |
| <b>Exercise</b><br><br>Goal: 150 minutes per week. |                |                |                |                |                |                |                                   |
|  | Total Minutes: | Total Minutes: | Total Minutes: | Total Minutes: | Total Minutes: | Total Minutes: | Total Minutes:<br>TOTAL FOR WEEK: |

Submit two weeks of your food or exercise journal on the following dates by 5 pm to qualify for cash prizes. **February 23, March 8, March 22, April 5, April 19, May 3, May 17.** Photos must be submitted through email to Denise at [denise.brown@baysport.com](mailto:denise.brown@baysport.com) OR text message 650-670-7733. Make sure to include your name.