

Weekly Summary

Date	Day of week	Calories	Sodium mgs	Physical activity points*
Weekly total				
Average per day				
Daily target			< 2400 mg	

* Divide total for week by number of days recorded.

PREMIER Food & Fitness Diary

Name:

Session #:

Physical Activity Diary

Date	Day of week	Type of activity	Minutes	Intensity (M or V)*	Activity points*

Goals for Week	Action Plans
Foods/Eating: _____ _____ _____	_____ _____ _____
Physical Activity: _____ _____ _____	_____ _____ _____
Behavior/Habits: _____ _____ _____	_____ _____ _____
Other: _____ _____ _____	_____ _____ _____
Rewards: _____ _____ _____	_____ _____ _____

