

Weekly Summary

Date	Day of week	Calories	Fat (grams)	Sodium (mg)	Fruit & vegetable (servings)	Dairy (servings)	Physical activity (points)
Weekly total							
Average per day*							
Daily target			30g Women 40g Men	< 2400 mg	9-12 servings	3 servings	

* 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: _____	_____
_____	_____
_____	_____

