

# DAILY DIET & ACTIVITY CALENDER

Name: \_\_\_\_\_ WEEK OF \_\_\_\_\_ - \_\_\_\_\_

Meals / Activity	Day	Day	Day	Day	Day	Day	Day	
Morning Meal								Ask Dr. Mitchell 1
Snack								
Mid-Day Meal								2
Snack								
Evening Meal								3
Snack								
Water 8 / 12oz Glasses								
Exercise & Duration								Successful Actions
Pedometer	Aerobic Steps	Aerobic Steps	Aerobic Steps	Aerobic Steps	Aerobic Steps	Aerobic Steps	Aerobic Steps	
	Routine Steps	Routine Steps	Routine Steps	Routine Steps	Routine Steps	Routine Steps	Routine Steps	
	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	<b>Total</b>	
Relaxation								Challenges