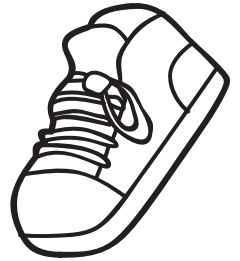
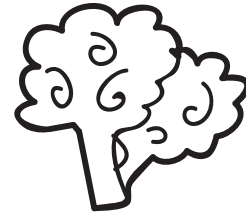
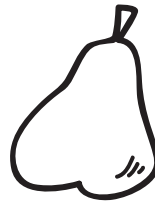
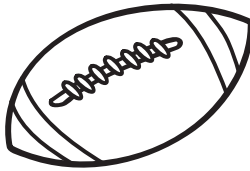
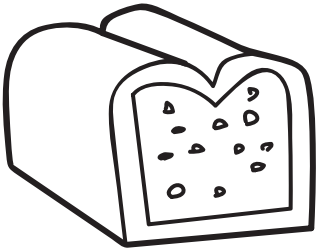


Name _____

Date _____

KEEP A HEALTH DIARY

Keeping a diary of your daily activities can help you keep track of how diet and exercise improves how you feel over time.



Use the spreadsheet below to keep track of your daily activities.

Day/Month	Foods I Ate	Exercise	Feelings