

Dates: \_\_\_\_\_ to \_\_\_\_\_

**Weekly Food and Exercise Log** - keep track of your daily nutrition and exercise.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Dinner							
Snacks							
Exercise	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:

**Cholesterol and Weight Management Log** – keep track of your cholesterol and weight.

Lab	Target [Adult]	Previous	Current
Total Cholesterol	Less than 200		
Triglycerides	Under 150		
HDL [good]	Over 50		
LDL [bad]	Under 130 For some < 100; for others < 70		

Date	Weight	Weight change	Total weight change

For additional copies of this log, please contact your physician's office.