

Food & Exercise Diary

Date/Time	Food	Treats	Activity/Exercise	Weight (lbs)
Sample Day				
<i>Am</i>	<i>½ cup</i>	<i>2 liver treats</i>	<i>15 min walk</i>	
<i>Pm</i>	<i>½ cup</i>	<i>2 lite treats</i>	<i>20 min walk</i>	
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				

Day 14				

Day 15				

Day 16				

Day 17				

Day 18				

Day 19				

Day 20				

Day 21				

Day 22				

Day 23				

Day 24				

Day 25				

Day 26				

Day 27				

Day 28				