

# Food and Activity Log

	Breakfast	Lunch	Dinner	Snacks	Total Calories	Notes	Activity Performed
Monday						Your 5 a Day: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Glasses of Water: _____ Feelings/Emotions: 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> 😞 <input type="checkbox"/>	
Tuesday						Your 5 a Day: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Glasses of Water: _____ Feelings/Emotions: 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> 😞 <input type="checkbox"/>	
Wednesday						Your 5 a Day: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Glasses of Water: _____ Feelings/Emotions: 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> 😞 <input type="checkbox"/>	
Thursday						Your 5 a Day: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Glasses of Water: _____ Feelings/Emotions: 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> 😞 <input type="checkbox"/>	
Friday						Your 5 a Day: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Glasses of Water: _____ Feelings/Emotions: 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> 😞 <input type="checkbox"/>	
Saturday						Your 5 a Day: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Glasses of Water: _____ Feelings/Emotions: 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> 😞 <input type="checkbox"/>	
Sunday						Your 5 a Day: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Glasses of Water: _____ Feelings/Emotions: 😊 <input type="checkbox"/> 😐 <input type="checkbox"/> 😞 <input type="checkbox"/>	