



FOOD & EXERCISE JOURNAL

TOWARDS A HEALTHY LIFESTYLE

	SUNDAY Date: 07/01	MONDAY Date: 07/02	TUESDAY Date: 07/03	WEDNESDAY Date: 07/04	THURSDAY Date: 06/28	FRIDAY Date: 06/29	SATURDAY Date: 06/30
BREAKFAST	For breakfast I had a slice of bread with Nutella and one banana	For breakfast I had an apple	For breakfast I had a toasted slice of bread with Nutella	I didn't have breakfast	For breakfast I had a slice of whole wheat bread with honey	For breakfast I ate apple and 2 slices of whole wheat bread with cream cheese	I had an avocado for breakfast
MORNING SNACK	I didn't have a morning snack	I didn't have morning snack	For morning snack I had an Yakult and whole wheat cookies	I didn't have morning snack	I didn't have a morning snack	I didn't have a morning snack	I didn't have a morning snack

LUNCH	For lunch I had cooked corn meal, french fries, white rice, egg, beans and grilled steak.	For lunch I had mandioc, integral rice, lentil, chicken, sugar-beet and lettuce	For lunch I had baked potato, beans, integral rice, meat, carrot and lettuce	For lunch I had sweet potato crisps, integral rice, beans with flour, chicken, broccoli and sugar-beet	For lunch I had sweet potato crisps, integral rice, sugar-beet and egg.	For lunch i had integral rice, roasted potato, broccoli, meat and raw carrot	For lunch I had melon, watermelon, carrot, broccoli, white rice, quail egg, breaded steak and corn
AFTERNOON SNACK	For afternoon snack I had meat risoles, quiche of broccoli, palmito and candies	For afternoon snack I had grapes, yogurt, and integral cookies	For afternoon snack I had melon, Yakult and cereal bar	Fo afternoon snack I had banana, yogurt and integral cookies	In the afternoon snack I had Yakult, melon and integral cookies	For afternoon snack I had melon, Yakult and cacao cookies	For afternoon snack I had popcorn and cheese bread
DINNER	I didn't had dinner	For dinner I had integral rice, lentil, chicken and carrot	For dinner I had two slices of bread with cream cheese	For dinner I had integral rice, chicken, carrot and egg	For dinner I had carrot, integral rice, broccoli and meat	For dinner, I had meat and rice	For dinner I had pasta with meat and tomato sauce
NIGHTTIME SNACK	For nighttime snack I had an honey yogurt	I didn't had nighttime snack	I didn't had nighttime snack	I didn't had nighttime snack	For nighttime snack I ate an integral yogurt with honey	For nighttime snack I had a mandarine	I didn't had nighttime snack

WATER	3 cups of water	4 cups of water	5 cups of water	3 cups of water	4 cups of water	4 cups of water	2 cups of water
EXERCISE	I didn't exercise on Sunday	I had 50 minutes of basketball	I didn't exercise on Tuesday	I didn't exercise on Wednesday	I had 50 min of basketball	I didn't exercise on Friday	I didn't exercise on Saturday