

Weekly Wellness Tracker: Nutrition and Physical Activity

One key to successful weight management is the ability to take control and feel empowered in your overall wellness journey. Use this table below to track nutrition and physical activity, as both play a role in meeting health goals.

NUTRITION								
Date Month/Day	Food <i>(sandwich, salad, granola bar, etc.)</i>	Estimated Calories (optional)	Category <i>(breakfast, lunch, dinner, snack, etc.)</i>	Food From Home?	Type of Food	Satisfied After Eating?	Emotions Related to Eating <i>(joy, stress, anger, celebration, guilt, etc.)</i>	Plan for Next Meal <i>(time, type, etc.)</i>
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		
___/___ TIME: _____				Y N	H M U	Y N		

KEY: healthy (H), moderately healthy (M), unhealthy (U)

PHYSICAL ACTIVITY

Date <i>Month/Day</i>	Activity <i>(running, yoga, cycling, weightlifting, etc.)</i>	Duration <i>(minutes)</i>	Calories Burned <i>(optional)</i>	Type of Exercise	Emotions Related to Activity <i>(joy, stress, anger, celebration, guilt, etc.)</i>	Plan for Next Workout <i>(time, type, etc.)</i>
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		
___/___ TIME: _____				L M H		

KEY: low intensity (L), moderate intensity (M), high intensity (H)