| | LIFE-STYLE LOG | | | | | | |
|------------------------------|----------------------|--------------|-----------------------|-------------------|----------------------|---------|---|
| | DATE: ASSIGNMENT: | | | | | | |
| | Start/Finish Time | Location | Simultaneous Activity | Reason for Eating | Food Portion Size | Planned | |
| | EXERCISE PLAN | V: | | | | | • |
| | How I fe | elt before e | exercising: | | | | |
| How I felt after exercising: | | | | | | | |
| | NOTES: | | | | | | • |