

DuPage Medical Group

WE CARE FOR YOU

# nutrition & fitness journal





## Helping you reach your nutrition and fitness goals.

We developed this guide as a valuable resource for you to use. Please enter your information and make it a part of your daily regimen. As always, we welcome your questions and comments, so please do not hesitate to discuss anything with us.

a healthy active life

### patient information

name  
 address  
 city  
 weight                      date  
 goal weight                      date

### measurements

|               | present | day 30 |
|---------------|---------|--------|
| date          |         |        |
| upper bust    |         |        |
| under bust    |         |        |
| upper arms    |         |        |
| waist         |         |        |
| hips          |         |        |
| thighs        |         |        |
| calves        |         |        |
| total         |         |        |
| <i>change</i> |         |        |



# daily food & exercise diary

|                       | day 1                              | day 2                              | day 3                              | day 4                              | day 5                              | day 6                              | day 7                              | day 8                              |
|-----------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| breakfast             |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| lunch                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| dinner                |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| water<br>8 oz glasses | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 |
| exercise/<br>activity |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
|                       | day 9                              | day 10                             | day 11                             | day 12                             | day 13                             | day 14                             | day 15                             |                                    |
| breakfast             |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| lunch                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| dinner                |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| water<br>8 oz glasses | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 |                                    |
| exercise/<br>activity |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |





# daily food & exercise diary

|                       | day 16                             | day 17                             | day 18                             | day 19                             | day 20                             | day 21                             | day 22                             |                                    |
|-----------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| breakfast             |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| lunch                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| dinner                |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| water<br>8 oz glasses | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 | ○ 1 ○ 2 ○ 3 ○ 4<br>○ 5 ○ 6 ○ 7 ○ 8 |                                    |
| exercise/<br>activity |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
|                       | day 23                             | day 24                             | day 25                             | day 26                             | day 27                             | day 28                             | day 29                             | day 30                             |
| breakfast             |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| lunch                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| dinner                |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
| snack                 |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |
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| exercise/<br>activity |                                    |                                    |                                    |                                    |                                    |                                    |                                    |                                    |



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