

## Diet & Exercise Chart

Please take the time to complete the following survey carefully and accurately. List in detail the quantity and the exact nature of all foods and beverages consumed (i.e., frozen, canned, etc.). Please mention if the foods were raw, cooked or altered. Be sure to list all beverages, all fats or oils and any condiments used (i.e., mayonnaise, mustard, relish, etc.). Please complete the exercise activity portion as well, listing the type of exercise, its duration and your pulse before and during exercising. Also record any periods of relaxation.

ACTIVITY	DATE:		
Morning meal		Water (cups per day)	
Snack		Additional beverages	
Noon meal		Fats/oils	
Snack		Condiments (sugar, salt, spices, herbs, etc.)	
Evening meal		Exercise Type: Duration: Pulse before: Pulse after:	
Snack		Relaxation Type: Duration:	