## My Daily Food and Drink Tracker

Date and Time	Food or Beverage and Amount	Social Setting or Situation	Comments
Monday 7 am	1 cup cereal with skim milk, 6 oz yogurt, 1 banana, coffee with cream	Alone before work	Always very hungry in the morning, but feel too full when finished
Monday 9 am	Doughnut with coffee	With coworkers	Not really hungry, but wanted a break and someone brought in doughnuts.

## My Daily Activity Tracker

Date and Time	Location	Activity and Length	Social Setting/ Situation	Comments
Monday 6 pm	Ноте	1 mile walk (about 20 minutes)	Alone after work	Was bored walking alone
Tuesday 7 am	Gym	1 hour aerobics class	With friends	Felt energized doing a class with friends