**Weekly Activity Record**

- **Diet:**
  - Morning:
  - Afternoon:
  - Evening:

- **Exercise:**
  - Morning:
  - Afternoon:
  - Evening:

- **Weight:**
  - Monday: 
  - Tuesday: 
  - Wednesday: 
  - Thursday: 
  - Friday: 
  - Saturday: 
  - Sunday: 

* Record nature & length of physical activities and meals
* Remember to drink 8 glasses of water per day