

WOMEN'S HEART FOUNDATION
Healthy Heart
Diet & Exercise Log

Name (last,first):	Date:
	Fat Grams
Breakfast:	
Snack:	
Lunch:	
Snack:	
Dinner:	
Snack:	
Total Fat Grams Used	
Fat Grams Saved	

Guidelines for Healthy Living
<i>Milk (increase to 4 servings if pregnant or breastfeeding)</i> _____
<i>Fruits & Vegetables (5-9 servings)</i> _____
<i>Water (each space represents a 6 oz. glass of water)</i> _____
<i>Walk * (each space represents 10 minutes)</i> _____

Note: Fat grams not used on any given day can be used later in the week
WHF Diet and Exercise Log, © 2003 WHF

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