

Kjos Functional Medicine
Food and Activity Diary

Day 1

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise _____

Hours slept _____

Day 2

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise _____

Hours slept _____

Day 3

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise _____

Hours slept _____