

FIT FAST DAILY ACTIVITY DIARY

Time Spent SLEEPING & Approximate Calories Burned

Time Spent SITTING & Approximate Calories Burned

Time Spent EXERCISING & Approximate Calories Burned

Time Spent WALKING & Approximate Calories Burned

Time Spent STANDING & Approximate Calories Burned

Time Spent in HOUSEWORK & Approximate Calories Burned

Time Spent in YARD WORK & Approximate Calories Burned

Time Spent _____ Approximate Calories Burned

Time Spent _____ Approximate Calories Burned

Time Spent _____ Approximate Calories Burned

Time Spent _____ Approximate Calories Burned

Time Spent _____ Approximate Calories Burned

TOTAL CALORIES EXPENDED FOR THE DAY:

Date: _____