	CCWM:	EATING, ACTIVITY & SLEEP LOG
NAME:		DATES:

DAY (Example)	SUNDAY	MONDAY	TUESDAY
Food	Food	Food	Food
(what & amount)	(what & amount)	(what & amount)	(what & amount)
1 biscuit			
1 tsp margarine			
4 oz OJ			
8 oz 2% milk			
1 fried egg			
4-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0			
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Activity	Activity	Activity	Activity
Minutes	Minutes	Minutes	Minutes
Intensity Level (1-10)	Intensity Level (1-10)	Intensity Level (1-10)	Intensity Level (1-10)
Walking			
20 minutes			
8			
Swimming			
10 minutes			
3			
Sleep	Sleep	Sleep	Sleep
Naps: 4-6pm Night: 12pm-7am	Naps: Night:	Naps: Night:	Naps: Night:
C-Pap(if needed)=yes	C-Pap=	C-Pap=	C-Pap=
c-rap(it needed)=yes	C-rap=	C-Pap=	C-Pap=

	CCWM: EATING, ACTIVITY & SLEEP LOG		
NAME:	DATES:		

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Food	Food	Food	Food
(what & amount)	(what & amount)	(what & amount)	(what & amount)
	(,		(with a amount)
110000000000000000000000000000000000000			

			7-7-7-10-10-10-10-10-10-10-10-10-10-10-10-10-
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Activity	Activity	Activity	Activity
Minutes	Minutes	Minutes	Minutes
Intensity Level (1-10)	Intensity Level (1-10)	Intensity Level (1-10)	Intensity Level (1-10)
ziriolisity bovor (1 10)	Ziffelistry Level (1-10)	Intensity Level (1-10)	Intensity Level (1-10)
Sleep	Sleep	Sleep	Sleep
Naps:	Naps:	Naps:	Naps:
Night:	Night:	Night:	Night:
C-Pap=	C-Pap=	C-Pap=	C-Pap=