PureHealth
MEDICINE
MAXIMIZE YOUR HEALTH FROM ANYWHERE

My Daily Healthy Living Chart

date:

calorie intake goal:

breakfast

food item	calories
am snack	

lunch

food item	calories
pm snack	

dinner

food item	calories
bt snack	

daily water intake

8 oz. 8 oz. 8 oz. 8 oz.
8 oz. 8 oz. 8 oz. 8 oz.

physical activity

15 min. 15 min. 15 min. 15 min.

total calories: