

Pivot Behavioral Health
Energy Log

Instructions: There are different sections for food or beverages consumed and physical activity exerted. Start with the **date** that you did these things. **Time:** The time of day you ate, drank, or exercised (for example, 1PM). Then log the **amount and description** of the **food or beverage**. Keep foods and beverages on different lines. For **physical activity type**, only log *moderate* to *vigorous* exercise bouts of greater than 10 minutes. Finally, estimate the **calories** consumed and the **minutes** exercised for each row along with the respective totals.

Date: _____

Time	Food or Beverage Amount and Description	Calories
	Total:	

Time	Physical Activity Type	Minutes
	Total:	

Date: _____

Time	Food or Beverage Amount and Description	Calories
	Total:	

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Continued from above

Time	Physical Activity Type	Minutes
	Total:	

Date: _____

Time	Food or Beverage Amount and Description	Calories
	Total:	

Time	Physical Activity Type	Minutes
	Total:	