Diet and exercise diary

CRESTOR® rosuvastatin calcium

Keeping a record of your eating and exercise habits can help you see the progress you're making. Try listing all the foods you eat and drink and the exercise you do for a week or two. Identify areas where you might try something new — substitute a healthier food or learn a new exercise routine, for example. If it helps, print one of these forms to use every week.

Date	Breakfast	Lunch	Dinner	Snacks	Exercise: type and minutes	Weight

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