

Food Journal AND EXERCISE LOG

DATE: _____

BREAKFAST

CALORIES

SNACK

TOTAL CALORIES

LUNCH

CALORIES

SNACK

TOTAL CALORIES

DINNER

CALORIES

SNACK

TOTAL CALORIES

ACTIVITY

TIME

DISTANCE

SETS

REPS

WEIGHT

ACTIVITY	TIME	DISTANCE	SETS	REPS	WEIGHT

HEALTHY ESSENTIALS

GLASSES OF WATER

● ● ● ● ● ● ● ●

HEALTHY OILS (NUTS, SEEDS, AVOCADO)

● ● ●

FRUITS AND VEGETABLES

● ● ● ● ● ● ● ●

MILK AND DAIRY PRODUCTS

● ● ●

VITAMIN

●

Food Journal Bonus Exercise Activity Log

G Orfield



Food Journal Bonus Exercise Activity Log:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **Food Journal Bonus Exercise Activity Log** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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