

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

●

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