

# Food Journal AND EXERCISE LOG

DATE: \_\_\_\_\_

## BREAKFAST

CALORIES

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\_\_\_\_\_

SNACK

TOTAL CALORIES

## LUNCH

CALORIES

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SNACK

TOTAL CALORIES

## DINNER

CALORIES

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\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

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

**L Towne**



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