

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

