



# DAILY NUTRITION LOG BOOK

Date:     /     /

Energy: 

Mood: 

Activity/Exercise

Weight:                      Sleep:                      Water: 

Breakfast	Time:	Cal.	Carb.	Prot.	Fat	Sugar	Sodium	Fiber
Lunch	Time:	Cal.	Carb.	Prot.	Fat	Sugar	Sodium	Fiber
Dinner	Time:	Cal.	Carb.	Prot.	Fat	Sugar	Sodium	Fiber
Snacks	Time:	Cal.	Carb.	Prot.	Fat	Sugar	Sodium	Fiber
Daily Total:								
Daily Goals:								

Notes: