

Name _____

Date _____

Day # _____

Diet and Exercise Journal

Breakfast	Calories	Fat	Protein
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Lunch	Calories	Fat	Protein
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Dinner	Calories	Fat	Protein
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Snacks	Calories	Fat	Protein
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TOTALS →		Calories	Fat	Protein
		<input type="text"/>	<input type="text"/>	<input type="text"/>

Water				Vitamins/Supplements			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Exercise Log	
1. _____	Estimated Calories Burned: <input type="text"/>
2. _____	Estimated Calories Burned: <input type="text"/>
3. _____	Estimated Calories Burned: <input type="text"/>
4. _____	Estimated Calories Burned: <input type="text"/>
5. _____	Estimated Calories Burned: <input type="text"/>
TOTAL CALORIES BURNED <input type="text"/>	