

Name \_\_\_\_\_

Date \_\_\_\_\_

Day # \_\_\_\_\_

# Diet and Exercise Journal

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

  

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

  

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

  

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

  

**TOTALS** →

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

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"/>

### Exercise Log

1. \_\_\_\_\_  
Estimated Calories Burned:

2. \_\_\_\_\_  
Estimated Calories Burned:

3. \_\_\_\_\_  
Estimated Calories Burned:

4. \_\_\_\_\_  
Estimated Calories Burned:

5. \_\_\_\_\_  
Estimated Calories Burned:

**TOTAL CALORIES BURNED**