

Name _____

Date _____

Day # _____

Diet and Exercise Journal

Breakfast	Calories	Fat	Protein
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Lunch	Calories	Fat	Protein
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Dinner	Calories	Fat	Protein
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Snacks	Calories	Fat	Protein
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
TOTALS →	<input type="text"/>	<input type="text"/>	<input type="text"/>
Water		Vitamins/Supplements	
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> 7	<input type="checkbox"/> 8	<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