

Fitness Journal

DATE: _____

	CURRENT	GOAL
WEIGHT		
BODY RATE %		
ENERGY LEVEL		
OTHERS		

Work Out Schedule

SUN

MON

TUE

WED

THU

FRI

SAT

Nutrition

Goals

Reward

Breakfast

CALORIES	
PROTEIN	
CARBS	
FAT	

Lunch

CALORIES	
PROTEIN	
CARBS	
FAT	

Dinner

CALORIES	
PROTEIN	
CARBS	
FAT	

Snacks

CALORIES	
PROTEIN	
CARBS	
FAT	

Notes
