FOOD AND EXERCISE LOG JOURNAL

Date:

S M T W T F S

Exercise Log

EXERCISE	SET 1 WEIGHT/REPS		SET 2 WEIGHT/REPS		SET 3 WEIGHT/REPS		REST (SEC BETWEEN SETS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES

Food Consumption Log

Meal	Food	Calorie	Amount	Protein	Carb	Fat	Beverages/ Amount
Breakfast							
Snack (1)							
Lunch							
Snack (2)							
Dinner							
Snack (3)							

Measurements	Chest	Arms	Amount	Waist	Hips	Thighs	Calves	Body Fat %