## FOOD AND EXERCISE TACKET

|           |       |        | te:   |
|-----------|-------|--------|-------|
| Breakfast | lunch | Dinner | Snack |
|           |       |        |       |
|           |       |        |       |

| • • • •  | • •  |      | • •  | • ( |
|----------|------|------|------|-----|
| Exercise | Dist | Sets | Reps | Wt  |
|          |      |      |      |     |
|          |      |      |      |     |
|          |      |      |      |     |
|          |      |      |      |     |
|          |      |      |      |     |
|          |      |      |      |     |
|          |      |      |      |     |
|          |      |      |      |     |
|          |      |      |      |     |
|          |      |      |      |     |
|          |      |      |      |     |

