

FITNESS FOOD LOG

Date:

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

Total

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

My Mood Today



Glasses Of Water I Drink Today



Notes