

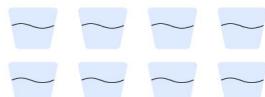
# Workout Log Sheets

Date:

AM/PM:

S M T W T F S

## Water Tracker



## Daily Nutrition

## Notes

- Breakfast : \_\_\_\_\_
- Lunch : \_\_\_\_\_
- Dinner : \_\_\_\_\_
- Snacks : \_\_\_\_\_