

# NUTRITION

## CALORIE INTAKE

|             |          |
|-------------|----------|
| date        | weight   |
|             |          |
| daily goals | activity |
|             |          |

| breakfast | cals | carbs | fat | sugar | protein | fiber |
|-----------|------|-------|-----|-------|---------|-------|
|           |      |       |     |       |         |       |
| total     |      |       |     |       |         |       |

| lunch | cals | carbs | fat | sugar | protein | fiber |
|-------|------|-------|-----|-------|---------|-------|
|       |      |       |     |       |         |       |
| total |      |       |     |       |         |       |

| dinner | cals | carbs | fat | sugar | protein | fiber |
|--------|------|-------|-----|-------|---------|-------|
|        |      |       |     |       |         |       |
| total  |      |       |     |       |         |       |

| snack | cals | carbs | fat | sugar | protein | fiber |
|-------|------|-------|-----|-------|---------|-------|
|       |      |       |     |       |         |       |
| total |      |       |     |       |         |       |

| notes |
|-------|
|       |