



Nutrition Journal						
	Food	Serving Size	Calories	Carbs (grams)	Protein (grams)	Fat
Breakfast						
Snacks						
Lunch						
Snacks						
Dinner						
Snacks						
Total						

Exercise Journal

Please list the type and amount of exercise you have done in the last 7 days.

Days	Exercise
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	