

DAILY NUTRITION/EXERCISE LOG

DATE:	NUTRITIONAL GOAL:
EXERCISE COMPLETED:	
HOURS OF SLEEP:	8OZ OF H2O: 😊 😊 😊 😊 😊 😊 😊 😊 😊 😊 😊 😊
ALCOHOL: 4 oz's	😊 😊 😊 😊 😊 😊 😊 😊 😊 😊 😊

TIME	FOOD	SERVING SIZE	CALORIES	MOOD

Try to be as precise with serving size and record calories if you know them. If you do not, talk to your trainer or do some homework on line at www.nutritiondata.com . It is key to be as informed as possible with the calories you consume so that you get the results that you want. List everything you take in, leave nothing out. We have seen it all! Be honest with yourself and evaluate the quality of all that you consume. Taking inventory meal by meal will allow you to see the value of everything you eat!

Today: I am most proud of:

Tomorrow: I will work harder at:

Yesterday: is history let it go if you messed up, BUT CELEBRATE your success if you stayed with your plan!

COMMENTS:



Live Your Best Life **NUTRITION LOG**