FOOD AND EXERCISE LOG JOURNAL

Date:

S M T W T F S

Food Consumption Log

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

Exercise Log

EXERCISE	SET 1 WEIGHT/REPS	SET 2 WEIGHT/REPS	SET 3 WEIGHT/REPS	REST (SEC BETWEEN SETS)	TIME CARDIO EXERCISES	LEVEL CARDIO EXERCISES
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Measurements	Chest	Arms	Amount	Waist	Hips	Thighs	Calves	Body Fat %