FOOD AND EXERCISE LOG

DATE:

	RESISTANC	CE TRAININ	1G		TIME BREAKFAST CALORIES
EXERCIS	E	SET	REP	WEIGHT	
					-
					LUNCH
					SNACK
		<u> </u>			SNACK
					DINNER
					SNACK
	CA	RDIO			
EXERCISE	TIME	CAL	DISTANCE	DISTANCE	