

Fitness and Nutrition Log

Monday		Tuesday		Wednesday	
Food		Food		Food	
BREAKFAST:		BREAKFAST:		BREAKFAST:	
LUNCH:		LUNCH:		LUNCH:	
DINNER:		DINNER:		DINNER:	
SNACKS:		SNACKS:		SNACKS:	
Fitness		Fitness		Fitness	
EXERCISE:		EXERCISE:		EXERCISE:	
TIME:		TIME:		TIME:	
STEPS:		STEPS:		STEPS:	
DISTANCE:		DISTANCE:		DISTANCE:	
Thursday		Friday		Saturday	
Food		Food		Food	
BREAKFAST:		BREAKFAST:		BREAKFAST:	
LUNCH:		LUNCH:		LUNCH:	
DINNER:		DINNER:		DINNER:	
SNACKS:		SNACKS:		SNACKS:	
Fitness		Fitness		Fitness	
EXERCISE:		EXERCISE:		EXERCISE:	
TIME:		TIME:		TIME:	
STEPS:		STEPS:		STEPS:	
DISTANCE:		DISTANCE:		DISTANCE:	
Sunday		Goals		Notes	
Food					
BREAKFAST:					
LUNCH:					
DINNER:					
SNACKS:					
Fitness					
EXERCISE:					
TIME:					
STEPS:					
DISTANCE:					