


















































FOOD AND EXERCISE LOG



Date: _____

M	BREAKFAST:	WORKOUT:	WATER:
	LUNCH:		  
	DINNER:		 
	SNACKS:		 
T	BREAKFAST:	WORKOUT:	WATER:
	LUNCH:		  
	DINNER:		 
	SNACKS:		 
W	BREAKFAST:	WORKOUT:	WATER:
	LUNCH:		  
	DINNER:		 
	SNACKS:		 
T	BREAKFAST:	WORKOUT:	WATER:
	LUNCH:		  
	DINNER:		 
	SNACKS:		 
F	BREAKFAST:	WORKOUT:	WATER:
	LUNCH:		  
	DINNER:		 
	SNACKS:		 
S	BREAKFAST:	WORKOUT:	WATER:
	LUNCH:		  
	DINNER:		 
	SNACKS:		 
S	BREAKFAST:	WORKOUT:	WATER:
	LUNCH:		  
	DINNER:		 
	SNACKS:		 

DAILY STEPS 10,000



DAILY VITAMINS

