

FOOD DIARY

DATE: _____

GOAL CALORIES: _____ CARBS: _____ PROTEIN: _____ FATS: _____ SODIUM: _____

ACTUAL CALORIES: _____ CARBS: _____ PROTEIN: _____ FATS: _____ SODIUM: _____

BREAKFAST	LUNCH	DINNER	SNACKS/DESSERT
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CALORIES:
CARBS:
PROTEIN:
FATS:
SODIUM:

CALORIES:
CARBS:
PROTEIN:
FATS:
SODIUM:

CALORIES:
CARBS:
PROTEIN:
FATS:
SODIUM:

CALORIES:
CARBS:
PROTEIN:
FATS:
SODIUM:

WATER INTAKE

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EXERCISE

NOTES

MOTIVATION

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FOOD DIARY

WEEK OF: _____

GOAL CALORIES: _____ CARBS: _____ PROTEIN: _____ FATS: _____ SODIUM: _____

ACTUAL CALORIES: _____ CARBS: _____ PROTEIN: _____ FATS: _____ SODIUM: _____

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY**

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CAL: CAR:
PRO: FAT:
SOD:

CAL: CAR:
PRO: FAT:
SOD:

CAL: CAR:
PRO: FAT:
SOD:

CAL: CAR:
PRO: FAT:
SOD:

FRIDAY **SATURDAY** **SUNDAY** **NOTES**

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CAL: CAR:
PRO: FAT:
SOD:

CAL: CAR:
PRO: FAT:
SOD:

CAL: CAR:
PRO: FAT:
SOD:

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WATER INTAKE

VITAMINS TAKEN

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EXERCISE

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