Food log

DATE: _____

GOAL CALORIES: ____ CARBS: ____ PROTEIN: ____ FATS: ____ SODIUM: ____

ACTUAL CALORIES: ____ CARBS: ____ PROTEIN: ____ FATS: ____ SODIUM: ____

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

WATER INTAKE

EXERCISE

NOTES

MOTIVATION

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Food log

WEEK OF: _____

GOAL CALORIES: ____ CARBS: ____ PROTEIN: ____ FATS: ____ SODIUM: ____

ACTUAL CALORIES: ____ CARBS: ____ PROTEIN: ____ FATS: ____ SODIUM: ____

MONDAY

CAL: CAR:
PRO: FAT:
SOD:

TUESDAY

CAL: CAR:
PRO: FAT:
SOD:

WEDNESDAY

CAL: CAR:
PRO: FAT:
SOD:

THURSDAY

CAL: CAR:
PRO: FAT:
SOD:

FRIDAY

CAL: CAR:
PRO: FAT:
SOD:

SATURDAY

CAL: CAR:
PRO: FAT:
SOD:

SUNDAY

CAL: CAR:
PRO: FAT:
SOD:

NOTES

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