

MEAL ONE	Time:	I ate....	Calories	How I felt BEFORE:
	Why I ate:		Protein	How I felt AFTER:
			Carbs	How I felt 2 Hours Later:
MEAL TWO	Time:	I ate....	Calories	How I felt BEFORE:
	Why I ate:		Protein	How I felt AFTER:
			Carbs	How I felt 2 Hours Later:
MEAL THREE	Time:	I ate....	Calories	How I felt BEFORE:
	Why I ate:		Protein	How I felt AFTER:
			Carbs	How I felt 2 Hours Later:
SNACKS	Time:	I ate....	Calories	How I felt BEFORE:
	Why I ate:		Protein	How I felt AFTER:
			Carbs	How I felt 2 Hours Later:
HABITS	WATER		ACTIVITY	STRENGTH/RESISTANCE
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
	FRUITS/VEGETABLES	STEPS	Cardio	
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Minutes:	Reps:
