

Daily Nutrition/Activity Tracker

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:

Water:



Fruits & Vegetables:



Steps:



Cardio:

Minutes:

Strength/Resistance:

Reps:

