NUTRITION LOG

Name: DOW: Date:

Wake-up time: Bed time:

Exercise: Please record in your Cardio Log Vitamins:

Meal #1: Time:		Y	N	How are you feeling?
	lean protein			
	vegetable			
	healthy fat			
	carbohydrate			
Where did you eat?	water			

Meal #2: Time:		Y	N	How are you feeling?
	lean protein			
	vegetable			
	healthy fat			
	carbohydrate			
Where did you eat?	water			

Meal #3: Time:		Y	N	How are you feeling?
	lean protein			
	vegetable			
	healthy fat			
	carbohydrate			
Where did you eat?	water			

Meal #4: Time:		Y	N	How are you feeling?
	lean protein			
	vegetable			
	healthy fat			
	carbohydrate			
Where did you eat?	water			

Meal #5: Time:		Y	N	How are you feeling?
	lean protein			
	vegetable			
	healthy fat			
	carbohydrate			
Where did you eat?	water			

Meal #6: Time:		Y	N	How are you feeling?
	lean protein			
	vegetable			
	healthy fat			
	carbohydrate			
Where did you eat?	water			