## **Daily Food & Fitness Log**

Food		Date:		
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Things that got in the				
way of my routine				
Ideas to keep this	from			
happening again				
Exercise				
	/		/	/
	/		/	/
Aerobic				
Exercise				
Minutes:				
How I felt:				
Notes:				
WATER:				