

My Daily Food & Exercise Journal

Monday/Date: \_\_\_\_\_

Meal 1 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 2 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 3 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 4 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 5 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 6 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Water: O O O O O O O O O O

Vitamins:

Multi: \_\_\_\_\_ EFA's: \_\_\_\_\_

Other Supplements:

\_\_\_\_\_

\_\_\_\_\_

Meditation (10 – 30 Minutes):

A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

Exercise: \_\_\_\_\_

Cardio: Type/Duration/Intensity

Resistance: Wt/Reps/Sets

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Other Exercise – Athletics:

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Notes: \_\_\_\_\_

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My Daily Food & Exercise Journal

Tuesday/Date: \_\_\_\_\_

Meal 1 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 2 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 3 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 4 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 5 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 6 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Water: O O O O O O O O O O

Vitamins:

Multi: \_\_\_\_\_ EFA's: \_\_\_\_\_

Other Supplements:

\_\_\_\_\_

\_\_\_\_\_

Meditation (10 – 30 Minutes):

A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

Exercise: \_\_\_\_\_

Cardio: Type/Duration/Intensity

Resistance: Wt/Reps/Sets

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Other Exercise – Athletics:

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Notes: \_\_\_\_\_

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My Daily Food & Exercise Journal

Wednesday/Date: \_\_\_\_\_

Meal 1 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 2 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 3 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 4 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 5 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 6 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Water: O O O O O O O O O O

Vitamins:

Multi: \_\_\_\_\_ EFA's: \_\_\_\_\_

Other Supplements:

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\_\_\_\_\_

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A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

Exercise: \_\_\_\_\_

Cardio: Type/Duration/Intensity

Resistance: Wt/Reps/Sets

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Other Exercise – Athletics:

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Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My Daily Food & Exercise Journal

Thursday/Date: \_\_\_\_\_

Meal 1 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 2 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 3 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 4 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 5 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 6 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Water: O O O O O O O O O O

Vitamins:

Multi: \_\_\_\_\_ EFA's: \_\_\_\_\_

Other Supplements:

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\_\_\_\_\_

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A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

Exercise: \_\_\_\_\_

Cardio: Type/Duration/Intensity

Resistance: Wt/Reps/Sets

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Other Exercise – Athletics:

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Notes: \_\_\_\_\_

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My Daily Food & Exercise Journal

Friday/Date: \_\_\_\_\_

Meal 1 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 2 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 3 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 4 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 5 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 6 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Water: O O O O O O O O O O

Vitamins:

Multi: \_\_\_\_\_ EFA's: \_\_\_\_\_

Other Supplements:

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Meditation (10 – 30 Minutes):

A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

Exercise: \_\_\_\_\_

Cardio: Type/Duration/Intensity

Resistance: Wt/Reps/Sets

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Other Exercise – Athletics:

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Notes: \_\_\_\_\_  
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My Daily Food & Exercise Journal

Saturday/Date: \_\_\_\_\_

Meal 1 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 2 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 3 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 4 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 5 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Meal 6 @ \_\_\_\_\_ (time)

P \_\_\_\_\_

F \_\_\_\_\_

C \_\_\_\_\_

Water: O O O O O O O O O O

Vitamins:

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Other Supplements:

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Other Exercise – Athletics:

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Notes: \_\_\_\_\_

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My Daily Food & Exercise Journal

Sunday/Date: \_\_\_\_\_

Meal 1 @ \_\_\_\_\_ (time)

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P \_\_\_\_\_

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Water: O O O O O O O O O O

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Other Supplements:

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Meditation (10 – 30 Minutes):

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Other Exercise – Athletics:

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Notes: \_\_\_\_\_  
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*Weekly Notes:*

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*Weekly Weight:*

*(record same day & time of day no more often than weekly)*

*Weekly Successes:*

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*This week I nurtured myself...*

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