

Food Journal AND EXERCISE LOG

DATE: _____

BREAKFAST

CALORIES

SNACK

TOTAL CALORIES

LUNCH

CALORIES

SNACK

TOTAL CALORIES

DINNER

CALORIES

SNACK

TOTAL CALORIES

ACTIVITY

TIME

DISTANCE

SETS

REPS

WEIGHT

HEALTHY ESSENTIALS

GLASSES OF WATER

● ● ● ● ● ● ● ●

HEALTHY OILS (NUTS, SEEDS, AVOCADO)

● ● ●

FRUITS AND VEGETABLES

● ● ● ● ● ● ● ●

MILK AND DAIRY PRODUCTS

● ● ●

VITAMIN

●

Food And Exercise Diary

Charlie W. Fuentes



Food And Exercise Diary:

Food Diary Charlie W Fuentes,2019-04-05 This daily food journal is perfect for tracking your daily eating and exercise for to manage your weight It allows you to write down the food you eat for breakfast lunch dinner and snacks You can also take note of food calories exercise and glasses of water etc This is a 90 DAYS of exercise and diet Journal for you to set yourself a goal for success on your way to fitness weight loss and to be more healthy Specifications 7 5 x 9 25 inches great size to carry lots of notes area for recording Matte cover laminationBest food diary with exercise logbook tracker and Notebook for you Grasp your copy today

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