

# NUTRITION & FITNESS JOURNAL

Date: \_\_\_\_\_

MEALS	Calories	Carbs	Proteins	Fats
Breakfast <span style="float: right;">Time: _____</span>				
Snack <span style="float: right;">Time: _____</span>				
Lunch <span style="float: right;">Time: _____</span>				
Snack <span style="float: right;">Time: _____</span>				
Dinner <span style="float: right;">Time: _____</span>				
Snack <span style="float: right;">Time: _____</span>				
<b>TOTAL:</b>				

Resistance Training:	Cardio:
Duration: _____	Duration: _____

**Daily Goal:**

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What got in the way?

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Ideas to keep this from happening again.