




Name: _____ Date: _____ Su Mo Tu We Th Fr Sa

Daily Food, Vitamin and Exercise Log




Wake-up Time: _____ AM

Breakfast (time: _____)	Portions:	Protein: ____g

Multivitamin: _____ Water: _____ oz   




Snack _____ **Protein:** ____g

Lunch: (time: _____)		Protein: ____g

Multivitamin: _____ Water: _____ oz   

Snack _____ **Protein:** ____g

Dinner: (time: _____)		Protein: ____g

Multivitamin: _____ Water: _____ oz   

Total Protein

Exercise: _____ mins

Intensity: light moderate severe