FreeFitnessLogs.com

Date: **Day:**

Quantity/Serving	Description	Calories	Time	Location	Mood
2	Chocolate chip cookies	300	3pm	Work	Bored

Record your daily servings (check for each serving):

Dairy: ____ ____
Protein: ____ ____ ____ ____
Grains & Starches: ____ ____ ____ ____ ____
Fruits & Vegetables: ____ ____ ____ ____ ____ ____ ____
Water: ____ ____ ____ ____ ____ ____ ____ ____

Go to FreeFitnessLogs.com for free printable exercise logs!