

Daily Food & Fitness Log

Health & fitness tips
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Food	Date:			Date:			
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Things that got in the way of my routine							
Ideas to keep this from happening again							
Exercise	Lbs/Reps	Lbs/Reps	Lbs/Reps	Exercise	Lbs/Reps	Lbs/Reps	Lbs/Reps
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
Aerobic Exercise	Date:			Aerobic Exercise	Date:		
Type:				Type:			
Minutes:				Minutes:			
Heart Rate:				Heart Rate:			
Notes:				Notes:			

Food	Date:			Date:			
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
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Exercise	Lbs/Reps	Lbs/Reps	Lbs/Reps	Exercise	Lbs/Reps	Lbs/Reps	Lbs/Reps
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
	/	/	/		/	/	/
Aerobic Exercise	Date:			Aerobic Exercise	Date:		
Type:				Type:			
Minutes:				Minutes:			
Heart Rate:				Heart Rate:			
Notes:				Notes:			