

Name \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Daily water intake in oz.</b>							
<b>Daily Protein intake in grams</b>							
<b>Daily Calories</b>							
<b>Daily Exercise in minutes</b>							

**Keep a Log of Everything You Eat Each Day**

<b>Monday</b>
<b>Tuesday</b>
<b>Wednesday</b>
<b>Thursday</b>
<b>Friday</b>
<b>Saturday</b>
<b>Sunday</b>