FOOD & EXERCISE LOG

Day:

Strength Training

Exercise Equipment	Resistance	Sets	Reps

Other Strength Training:

Aerobic Training

Type	Level/Speed	Time	Distance

Other Aerobic Training:

Mood Scale	Happy	So-So	Sad
Stress Level	Low	Medium	High
Energy Level	Low	Medium	High

Servings:

Starch

S S S S S S S S

Protein

P P P P P P P P P P P P
P P P P P

Vegetable

V V V V V V

Fruit

Fr Fr Fr Fr

Milk

M M M

Fat

F F F F F F F F F F

Water

8oz 8oz 8oz 8oz 8oz 8oz 8oz 8oz 8oz 8oz 8oz
8oz 8oz 8oz 8oz 8oz 8oz 8oz 8oz 8oz

Date:

Nutrition

Meal 1 **Time of Day:**

	Item	Amount	Calories

A.M. Multivitamin **YES** **NO**

Meal 2 **Time of Day:**

	Item	Amount	Calories

Meal 3 **Time of Day:**

	Item	Amount	Calories

Meal 4 **Time of Day:**

	Item	Amount	Calories

Meal 5 **Time of Day:**

	Item	Amount	Calories

Total Daily Calories

P.M. Multivitamin **YES** **NO**

Other/Comments: