DAILY NUTRITION LOG

DATE: _____/_____/_____

TIME AM / PM	FOOD Quantity and Description	HUNGRY Yes / No	MOOD Before / AFter	CALS
			TOTAL CALS	

MY GOAL WATER INTAKE TODAY IS:

ACTUAL WATER INTAKE:

NOTES:

DAILY EXERCISE LOG

DATE: _____/_____/_____

MOOD BEFORE I STARTED EXERCISING:

☐ Extremely Positive / Focused ☐ Good ☐ Ok ☐ Poor ☐ Unmotivated

EXERCISE I COMPLETED: *Record all information: Warm-up, Repetitions, Sets, Speed, Incline or Level etc*	
THE INTENSITY I WORKED AT ON A SCALE OF 1-10:	
TOTAL TIME THAT I EXERCISED:	

AFTER MY WORKOUT I STRETCHED THE FOLLOWING:

☐ Hamstrings ☐ Quadriceps ☐ Gluets ☐ Chest ☐ Back

MOOD WHEN I HAD COMPLETED MY EXERCISE:

☐ Extremely Positive / Focused ☐ Good ☐ Ok ☐ Poor ☐ Unmotivated

NOTES:

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