

## Daily Food & Fitness Log

<b>Food</b>	Date:		
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Things that got in the way of my routine			
Ideas to keep this from happening again			
<b>Exercise</b>			
	/	/	/
	/	/	/
Aerobic Exercise			
Minutes:			
How I felt:			
Notes:			
<b>WATER:</b>			