

DATE: \_\_\_\_\_ BODY WEIGHT: \_\_\_\_\_

**STRENGTH TRAINING**

| <i>EXERCISE</i> | <i>WEIGHT</i> |  |  | <i>REPS</i> |  |  |
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**CARDIO TRAINING**

| <b>EXERCISE</b> | <b>DURATION</b> |
|-----------------|-----------------|
| NOTES: _____    |                 |

BODY FAT: \_\_\_\_\_

# NUTRITION JOURNAL

DATE: \_\_\_\_\_

WATER COUNT: \_\_\_\_\_

| MEAL 1       | CALORIES | PROTEIN | CARBS | FAT |
|--------------|----------|---------|-------|-----|
|              |          |         |       |     |
| MEAL 2       | CALORIES | PROTEIN | CARBS | FAT |
|              |          |         |       |     |
| MEAL 3       | CALORIES | PROTEIN | CARBS | FAT |
|              |          |         |       |     |
| MEAL 4       | CALORIES | PROTEIN | CARBS | FAT |
|              |          |         |       |     |
| MEAL 5       | CALORIES | PROTEIN | CARBS | FAT |
|              |          |         |       |     |
| MEAL 6       | CALORIES | PROTEIN | CARBS | FAT |
|              |          |         |       |     |
| DAILY TOTALS | CALORIES | PROTEIN | CARBS | FAT |