



Daily Food Log - Date: _____

Breakfast – Food/Drink	Servings	Calories	Notes

Lunch – Food/Drink	Servings	Calories	Notes

Dinner – Food/Drink	Servings	Calories	Notes

Snacks – Food/Drink	Servings	Calories	Notes

*Total calories consumed: _____

** If today is a weigh-in day, enter your weight: _____ lbs. or _____ kg.

*** Exercise for today: _____ minutes cardio _____ minutes strength training.

**** Reached your goals for the day: YES NO SOMEWHAT