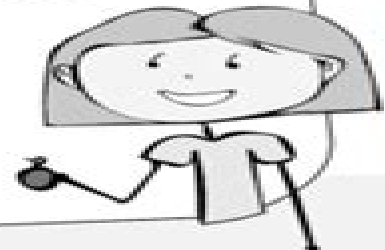


# Healthy Me

## Nutrition & Exercise Journal



Name: \_\_\_\_\_



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**Monday**     /    /    

What I ate today:

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How I exercised today:



# Servings

	carbs
	fruit
	veggies
	protein
	fat

Water



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# Exercise Journal Template For Kids

**J Elliott**

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