# food Journal AND EXERCISE LOG

DATE:

BREAKFAST	CALORIES
ZNACK	
TOTAL CALORIE	s ———
LUNCH	CALORIES
SNACK	
TOTAL CALORIE	s
DINNER	CALORIES
SNACK	
TOTAL CALORIE	s z

ACTIVITY	TIME	DISTANCE	SETS	BEPS	WEIGHT

# HEALTHY ESSENTIALS

GLASSES OF WATER

HEALTHY OILS (NUTS, SEEDS, AVOCADO)

FRUITS AND VEGETABLES

MILK AND DAIRY PRODUCTS

VITAMIN

# **Food Journal Bonus Exercise Activity Log**

**Naomi Neufeld** 

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