

Daily Food

JOURNAL

"Failing to Plan is Planning to Fail"

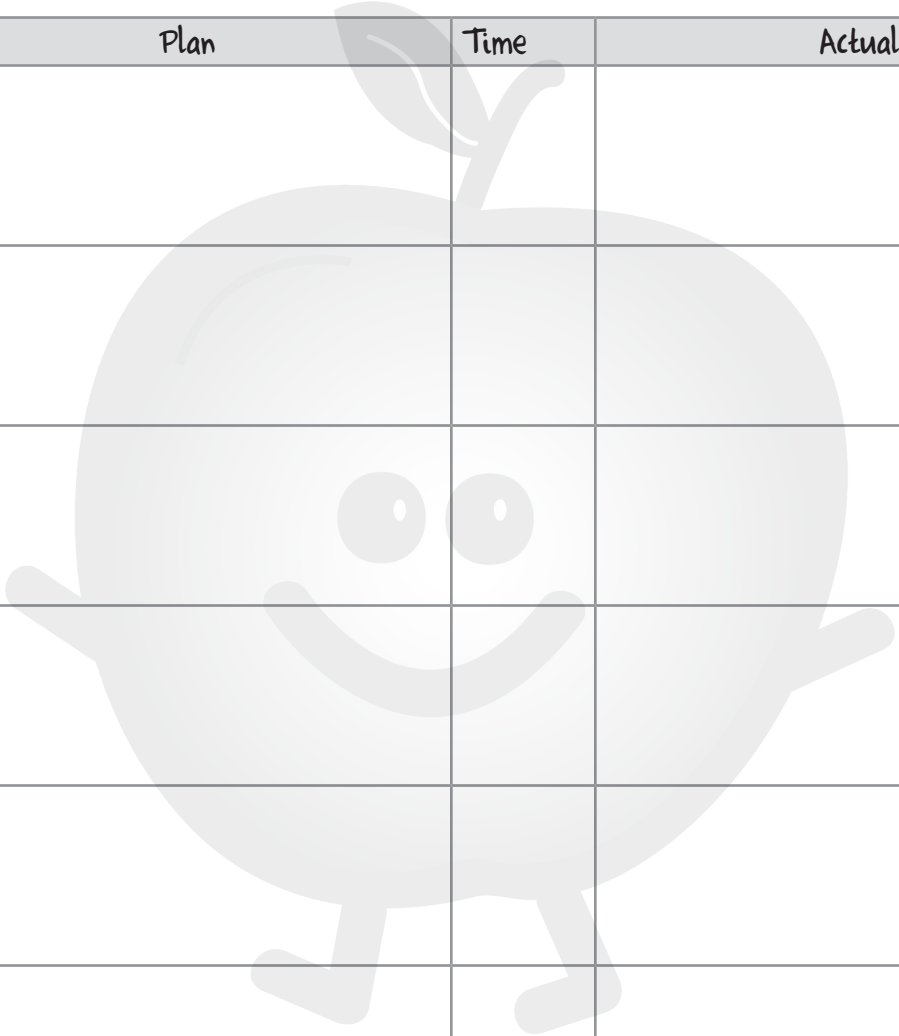


Date: _____

Mon Tue Wed Thurs Fri Sat Sun

Weight: _____

Time	Plan	Time	Actual



www.personal-nutrition-guide.com

Check # 8 ounce glasses of water: 

Physical Activity	Minutes	Intensity Low/Medium/High	Calories

How I did today: Fabulous Great OK Will Do Better Tomorrow