



Nutrition Log

TRACK: Date: ___/___/___ Day: _____	EXERCISE ROUTINE: _____ workout time: _____ _____	PLANNED MENU: Calories: _____ Ratio (p/c/f): ___/___/___
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<u>Time</u>	<u>Amount</u>	<u>Type</u>	FOOD		<u>Supplements</u>
			<u>Beverage</u>	<u>Water</u>	
<input type="checkbox"/> Ate Meal: ___, Day: ___ verbatim					

<u>Time</u>	<u>Amount</u>	<u>Type</u>	FOOD		<u>Supplements</u>
			<u>Beverage</u>	<u>Water</u>	
<input type="checkbox"/> Ate Meal: ___, Day: ___ verbatim					

<u>Time</u>	<u>Amount</u>	<u>Type</u>	FOOD		<u>Supplements</u>
			<u>Beverage</u>	<u>Water</u>	
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			<u>Beverage</u>	<u>Water</u>	
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<u>Time</u>	<u>Amount</u>	<u>Type</u>	FOOD		<u>Supplements</u>
			<u>Beverage</u>	<u>Water</u>	
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<u>Time</u>	<u>Amount</u>	<u>Type</u>	FOOD		<u>Supplements</u>
			<u>Beverage</u>	<u>Water</u>	
<input type="checkbox"/> Ate Meal: ___, Day: ___ verbatim					

POST WORKOUT FOOD <u>Time</u> <u>Food</u> <u>Supplements</u> <u>Workout Water</u> <input type="checkbox"/> Ate Meal: ___, Day: ___ verbatim	This was a _____ day. good average bad	Total Water: _____
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