My Daily Log

Meals & Snacks

I am stronger than myself! Eat to live!

Breakfast _____

Portion Size	Food / Drink	Calories	Protein	Carbs
TOTAL				

Snack _____

Portion Size	Food / Drink	Calories	Protein	Carbs

Lunch _____

Portion Size	Food / Drink	Calories	Protein	Carbs
TOTAL				

Snack _____

Portion Size	Food / Drink	Calories	Protein	Carbs

Dinner _____

Portion Size	Food / Drink	Calories	Protein	Carbs
TOTAL				

Snack _____

Portion Size	Food / Drink	Calories	Protein	Carbs

Daily Intake	Calories	Protein	Carbs

Today's Date _____

Vitamins & Supplements

Vital to your health and well being!

- ○ Multi-Vitamin
- ○ Multi-Vitamin
- ○ Calcium 500mg +D
- ○ Calcium 500mg +D
- ○ Calcium 500mg +D
- ○ Calcium 500mg +D
- ○ Iron
- ○ Vitamin C
- ○
- ○
- ○
- ○

Water

Drink at least 64oz. each day. Each dot = 8oz.

32oz. pure water	32 oz. other liquids	bonus!
○	○	○
○	○	○
○	○	○
○	○	○

Exercise

Walk at least 10 minutes every waking hour

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- TOTAL _____