

# Diet & Exercise Journal



DATE

WEIGHT

BODY FAT

FOOD EATEN							
	Time	Quick Entry	CARB	FAT	PRO	CALS	Comments
BREAKFAST							
SNACK 1							
LUNCH							
SNACK 2							
DINNER							
SNACK 3							
TOTALS							

Exercise			
Form of Exercise	Time	Duration	Comments

Sleep	
Hours of Sleep	Quality of Sleep

Measurements	Inches/CMS	Comments
BUST		
WAIST		
HIPS		
UPPER THIGH		
LOWER THIGH		
BICEPS		

Cravings	Challenges

Water/Fluids  
250ml



Motivation is what gets you started, habit is what keeps you going!