

DID YOU DO STRENGTH TRAINING TODAY?			(ATTACHED WORK OUT LOG)		
TIME	FOOD	CALORIES	TIME	FOOD	CALORIES
Daily Totals:	Water □□□□□□□□	Fruits□□□□	Veggies□□□□	Total Calories:	

SUNDAY ___/___/___ How was your night?
Morning mood:

DID YOU DO CARDIO TODAY?
Mode: Time and distance: Level:

DID YOU DO STRENGTH TRAINING TODAY?			(ATTACHED WORK OUT LOG)		
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Daily Totals:	Water □□□□□□□□	Fruits□□□□	Veggies□□□□	Total Calories:	