

DAILY NUTRITION LOG

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DATE ____/____/____

Week # _____ Diet Ratio of % Protein _____ % Carbs _____ % Fat _____

Today's Goal: CAL ____ Protein ____g Carbs ____g Fat ____g

1 gallon per day of water

Time		Wake Up			
Time	Meal 1	Protein	Carbs	Fat	Cal
	total				
Time	Meal 2	Protein	Carbs	Fat	Cal
	total				
Time	Meal 3	Protein	Carbs	Fat	Cal
	total				
Time	Meal 4	Protein	Carbs	Fat	Cal
	total				
Time	Meal 5	Protein	Carbs	Fat	Cal
	total				
Time	Meal 6	Protein	Carbs	Fat	Cal
	total				
		Protein	Carbs	Fat	Cal
Today's Daily Total					
Add + CAL _____ Protein ____g Carbs ____g Fat ____g					
Sub - CAL _____ Protein ____g Carbs ____g Fat ____g					
Time		Bed Time			

* a meal (pre workout - meal) will be approximately 45 minutes before your workout
 * a second meal (post workout - meal) will be right after your workout