

DAILY NUTRITION LOG

Date:
Weight:
Goal:

MEAL TIME	FOOD & BEVERAGE DESCRIPTION	CALORIES	PROTEIN(G)	CARBS(G)	FAT(G)
Breakfast					
Snack 1					
Lunch					
Snack 2					
Dinner					
Snack 3					

TOTAL CALORIES

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TOTAL PROTEIN

g

TOTAL CARBS

g

TOTAL FATS

g

DAILY NOTES (EXERCISE, WATER INTAKE, MOOD)