

# DAILY NUTRITION LOG

Date: \_\_\_\_\_

| FOOD / DRINK ITEM | CALORIES | PROTEIN<br>(G) | CARBS (G) | FAT (G) |
|-------------------|----------|----------------|-----------|---------|
|-------------------|----------|----------------|-----------|---------|

|               |
|---------------|
| DAILY TOTALS  |
| DAILY TARGETS |

NOTES: