

DAILY FOOD JOURNAL



www.southyubaclub.com

DAY DATE

- Juice Plus/Multi-Vitamin
- Fish Oil
- Calcium
- Protein Powder (post workout)

NUTRITION

→ CAL TARGETS

MORNING	AFTERNOON	EVENING
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MORNING

BREAKFAST

TIME	WHAT I ATE
Hungry y n	CAL TOTAL

SNACK

TIME	WHAT I ATE
Hungry y n	CAL TOTAL

MORNING TOTAL **Calories**

AFTERNOON

LUNCH

TIME	WHAT I ATE
Hungry y n	CAL TOTAL

SNACK

TIME	WHAT I ATE
Hungry y n	CAL TOTAL

AFTERNOON TOTAL **Calories**

EVENING

DINNER

TIME	WHAT I ATE
Hungry y n	CAL TOTAL

SNACK

TIME	WHAT I ATE
Hungry y n	CAL TOTAL

EVENING TOTAL **Calories**

COACHING

STEPS/TIME

