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to help you look and feel your best.



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

| MEAL                         | FOOD / BEVERAGES |   |   |   |   |   |   |   | QNTY | CALS | P (g) | C (g) | F (g) |    |
|------------------------------|------------------|---|---|---|---|---|---|---|------|------|-------|-------|-------|----|
| Breakfast:                   |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| am/pm                        |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
|                              |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Meal Totals                  |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Snack #1:                    |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| am/pm                        |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
|                              |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Snack Totals                 |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Lunch:                       |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| am/pm                        |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
|                              |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Meal Totals                  |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Snack #2:                    |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| am/pm                        |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
|                              |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Snack Totals                 |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Dinner:                      |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| am/pm                        |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
|                              |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Meal Totals                  |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Snack #3:                    |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| am/pm                        |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
|                              |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Snack Totals                 |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| DAILY TOTALS                 |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| % of Calories                |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| TARGETS                      |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| +/-                          |                  |   |   |   |   |   |   |   |      |      |       |       |       |    |
| Water Intake<br>(8 oz. cups) | 1                | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9    | 10   | 11    | 12    | 13    | 14 |

| Water Intake<br>(8 oz. cups) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
|------------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|

| Daily Meal Plan |                        |                  |                                  |                                  |                        |                                  |                                  |                                  |  |
|-----------------|------------------------|------------------|----------------------------------|----------------------------------|------------------------|----------------------------------|----------------------------------|----------------------------------|--|
| HIGH DAY        |                        |                  |                                  |                                  |                        |                                  |                                  |                                  |  |
| Meal            | Breakfast              | Snack            | Lunch                            | Pre workout                      | Post workout           | Donner 1                         | Donner 2                         | Donner 3                         |  |
| Calories        | 452                    | 348              | 493                              | 450                              | 522                    | 626                              | 626                              | 626                              |  |
| Net Carbs       | 40                     | 17               | 62                               | 62                               | 34                     | 36                               | 36                               | 36                               |  |
| Fat/g           | 13                     | 17               | 19                               | 19                               | 10                     | 14                               | 14                               | 14                               |  |
| Protein/g       | 34                     | 30               | 33                               | 28                               | 42                     | 39                               | 39                               | 39                               |  |
| Option 1        | Pinata Turkey Wraps    | Yogurt Parfait   | Porkchop, Chicken & Rice         | Porkchop, Chicken & Rice         | Friz Juice             | Chicken & Pasta                  | Chicken & Pasta                  | Chicken & Pasta                  |  |
| Option 2        | Silly Pig Chicken Bowl | Protein Pudding  | Two Strip, Turkey & Sweet Potato | Two Strip, Turkey & Sweet Potato | Friz Juice             | Two Strip, Turkey & Sweet Potato | Two Strip, Turkey & Sweet Potato | Two Strip, Turkey & Sweet Potato |  |
| Option 3        | Easy Sandwich          | Classic Smoothie | Leanest Salmon, Salmon & Quinoa  | Leanest Salmon, Salmon & Quinoa  | SPICY Chicken & Quinoa | Leanest Salmon, Salmon & Quinoa  | Leanest Salmon, Salmon & Quinoa  | Leanest Salmon, Salmon & Quinoa  |  |

## NUTRITION LOG

## SIX TRACKERS ON ONE PAGE!!!

WEIGHT  
MEAL  
DAILY MACROS  
WATER INTAKE  
EXERCISE  
SUPPLEMENTS

[illegible][illegible]

It is important to evaluate your goals often and adjust them as needed to maintain your healthy lifestyle. Even if your goals are SMART, you may hit obstacles or fall back into old habits. Murray says just get back on track and focus on your successes. Before you hit the road, download a free mileage log. This mileage log in Excel makes it easy to track distances for personal and business travel. Enter your trip details and odometer readings at the start and end of your trip, and the mileage log template in Excel automatically calculates your total miles. A mileage log template is a great tool for mileage reimbursement, or to get a ... Filling in the log should be easy and quick. Don't make a complicated template which might confuse you. You should spend more time for exercising as it should be and not recording it. Writing in the log should not take too much time and effort from you. It should also be organized enough so that you don't have to spend time searching for ... Among hundreds tools for organization and task management, there is one tool that stays unbeaten in this category when it comes to both simplicity and efficiency. The method for organizing absolutely everything and get things done faster and easier is a checklist. The biggest advantage of a checklist is that it allows you keep track of everything and focus on completing ... There is no one template or plan that will suit all people's needs. However, there are some general guidelines that can help you choose the right template for your needs. If you want to track your progress, you need a template that has a clear structure and is easy to use. If you want to track your expenses, you need a template that has a clear structure and is easy to use. If you want to track your fitness, you need a template that has a clear structure and is easy to use. Using this interactive work schedule template. Add events to the event scheduler tab, select the appropriate day on the daily schedule tab, and allow Excel to help manage your day. Create a professional daily work schedule or work from home schedule with this accessible work schedule template. Plan your fitness training program and log your workouts with this accessible template. Use the separate tabs to plan your exercise categories, weights, and reps. > Create your exercise plan "My plan has small wins to help get me past the finish line." Before you plan, check with your doctor so you know what to focus on, whether that means changing your diet to lower cholesterol or ... MyFitnessPal is one of the best weight loss apps and fitness apps, helping nearly 1 million members reach their nutrition and fitness goals every year. Members use it as a calories tracker and calorie counter to log their foods, and take advantage of the app's food database that contains over 14 million foods. It's not just a free calorie counter app – it's also the pal because ... LIVESTRONG.COM offers diet, nutrition and fitness tips for a healthier lifestyle. Achieve your health goals with LIVESTRONG.COM's practical food and fitness tools, expert resources and an engaged community.



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