

Nutrition & Fitness Journal

Date: _____

My goal today:

Supportive Nutrition: Factor 1	Protein	Starchy Carb	Fibrous Carb	Time
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				

Resistance Training: Factor 2	Lbs/Reps	Lbs/Reps	Lbs/Reps
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
	/	/	/
Moderate Cardio: Factor 3	NOTES:		
Type:			
Minutes:			

Factor 4: My attitude today was:

Things I did today to be healthier:

Today, I Rewarded myself by:

I am most grateful for:

My biggest accomplishment today was:

My biggest setback today was:

On a scale of 1 to 10, I would rate today as a: 1 2 3 4 5 6 7 8 9 10