



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

## NUTRITION and FITNESS JOURNAL

**The rules: 1) lean protein with each meal and snack. 2) A fruit or vegetable with every meal or snack 3) NEVER go more than three hours without a meal or snack. Place a ✓ in the box if you followed the rules. Miss a meal or snack~no ✓**

MEALS		Calories	Carbs	Proteins	Fats
Breakfast	Time:				
<input type="checkbox"/>					
Snack	Time:				
<input type="checkbox"/>					
Lunch	Time:				
<input type="checkbox"/>					
Snack	Time:				
<input type="checkbox"/>					
Dinner	Time:				
<input type="checkbox"/>					
Snack	Time:				
<input type="checkbox"/>					
TOTAL:					

Resistance Training:	Cardio:
Duration:	Duration:

### Daily Goal:

**90% compliance is the key to success.**

What got in the way?

Ideas to keep this from happening again.