



# Weekly Food & Fitness Journal

Monday	Breakfast	Lunch	Dinner	Snacks		Workout		
						Date:		
						Cardio:		
						Weights:		
						Intensity: (high, med, low)		
Water								
Cal:						Total Calories:		
Tuesday	Breakfast	Lunch	Dinner	Snacks		Workout		
						Date:		
						Cardio:		
						Weights:		
						Intensity: (high, med, low)		
Water								
Cal:						Total Calories:		
Wednesday	Breakfast	Lunch	Dinner	Snacks		Workout		
						Date:		
						Cardio:		
						Weights:		
						Intensity: (high, med, low)		
						Notes:		
Water								
Cal:						Total Calories:		











# Weekly Food & Fitness Journal

	Breakfast	Lunch	Dinner	Snacks		Workout		
Thursday						Date:		
						Cardio:		
						Weights:		
						Intensity: (high, med, low)		
Water								
Cal:						Total Calories:		
Friday						Date:		
						Cardio:		
						Weights:		
						Intensity: (high, med, low)		
Water								
Cal:						Total Calories:		
Saturday						Date:		
						Cardio:		
						Weights:		
						Intensity: (high, med, low)		
Water								
Cal:						Total Calories:		



# Weekly Food & Fitness Journal

Sunday	Breakfast	Lunch	Dinner	Snacks		Workout		
							Date:	
						Cardio:		
						Weights:		
						Intensity: (high, med, low)		
Water								
Cal:						Total Calories:		

## Weekly Notes:
