

# DAILY FITNESS JOURNAL

<b>BREAKFAST</b>	<b>CALORIES:</b>
<b>SNACKS</b>	<b>CALORIES:</b>
<b>LUNCH</b>	<b>CALORIES:</b>
<b>SNACKS</b>	<b>CALORIES:</b>
<b>DINNER</b>	<b>CALORIES:</b>
<b>TOTAL CALORIES:</b>	

<b>TODAY'S GOAL</b>



<b>EXERCISE</b>		
<b>TYPE</b>	<b>MIN.</b>	<b>CAL.</b>
<b>TOTAL CALORIES:</b>		

<b>THOUGHTS</b>

**TODAY'S SCORE:**