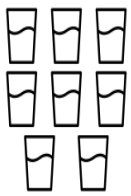
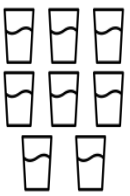
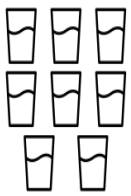
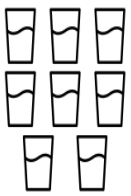
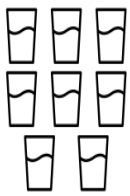
FOOD & EXERCISE LOG

WEEK OF: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
EXTRAS							
WATER							
EXERCISE							
VITAMINS & SUPPLEMENTS	☐	☐	☐	☐	☐	☐	☐