	qy
V	ay

Meal/	Food Item:	Calories:
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		
		
	Daily Total:	

Day:

Meal/	Food Item:	Calories:
Breakfast:		
Snack:		
Lunch:		
Snack:		
Dinner:		
Snack:		
	Daily Total:	

Snack:	Snack:
Daily Total:	Daily Total:
•	
Vaily Habits:	Haily Habits:
Nator	hator:
Fuits/Veggies:	Favits/Veggies: 🔲 🔲 🔲 🔲
Exercise:	Exercise: