

FOOD DIARY

DATE: _____

DAY: _____

BREAKFAST:

WORKOUTS

CALORIES:

LUNCH:

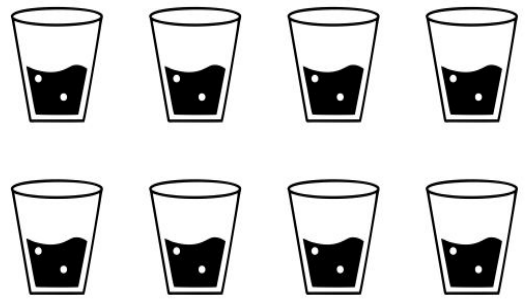
STEP COUNT:

CALORIES BURN:

CALORIES:

DINNER:

WATER



CALORIES:

NOTES

SNACK:

CALORIES: