

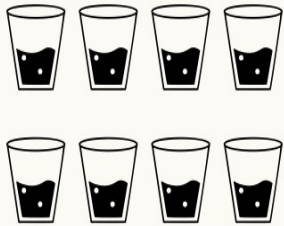
# MY FOOD JOURNAL

BREAKFAST

LUNCH

DINNER

SNACKS



EXERCISE

TIME

DISTANCE

SETS/REPS

WEIGHT

NOTES

GOALS