

Food And Exercise Log

WEEK OF: _____

BREAKFAST

LUNCH

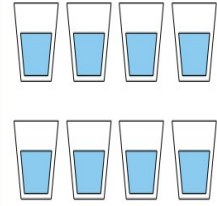
DINNER

SNACKS

WATER

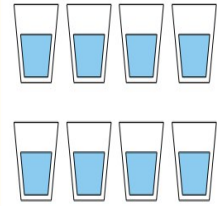
EXERCISE TRACKER

MONDAY



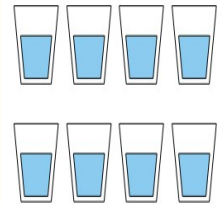
MTWTFSS

TUESDAY



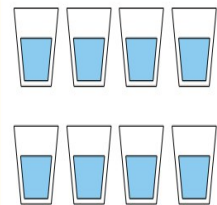
MTWTFSS

WEDNESDAY



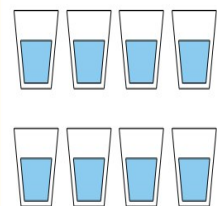
MTWTFSS

THURSDAY



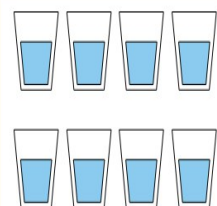
MTWTFSS

FRIDAY



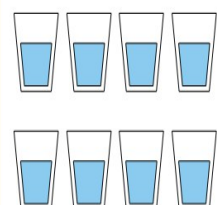
MTWTFSS

SATURDAY



MTWTFSS

SUNDAY



MTWTFSS