

Daily Nutrition Log

You'll Need To Print About 30 Of These...

Date: _____

Meal #1 (breakfast)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #2 (am snack)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #3 (lunch)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #4 (afternoon snack)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #5 (dinner)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #6 (evening snack)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Daily Totals:				
Percentage of daily calories:				
Daily Goals:				
Difference:				
How much water did you drink today?		Was it enough? Y or N		
Did you take your vitamins and supplements today? Y or N				
How would you rate yourself on management to your plan today (scale of 1-10 with 10 being the best)? 1 2 3 4 5 6 7 8 9 10				