INPUT

Date

OUTPUT

GOAL

cal	protein	carbs	fat	H_20

MEALS

I had breakfast[] snack1[] lunch[] snack2[] supper[] snack3[]

time	FOOD	cal	protein	carbs	fat	H_20

TOTALS

CARDIO

Time spent _____

EXERCISE	time	distance	HR/level	cal	comments

STRENGTH

body/day _____ Time spent _____

EXERCISE	1ST set	2nd set	3rd set	4th set	5th set	6th set	comments

STRETCH

Time spent _____

EXERCISE	time	comments

THOUGHTS

Time spent☺