




My focus for today

DATE: \_\_\_\_\_

fruits

veggies

water

3 goals for today 

1

2

3

 cardio/strength workout 

sleep log

food log

Breakfast

Lunch

Dinner

Snacks

food log totals

CARBS: \_\_\_\_\_ PROTEIN: \_\_\_\_\_

FAT: \_\_\_\_\_ CALORIES: \_\_\_\_\_

notes