

DAY							
AM WEIGHT							
	FOOD CHOICE & AMOUNT	FOOD CHOICE & AMOUNT	FOOD CHOICE & AMOUNT	FOOD CHOICE & AMOUNT	FOOD CHOICE & AMOUNT	FOOD CHOICE & AMOUNT	FOOD CHOICE & AMOUNT
BREAKFAST							
MID MORNING							
LUNCH							
AFTERNOON							
DINNER							
EVENING							

TIME OF DAY								
	TYPE	DURATION	TYPE	DURATION	TYPE	DURATION	TYPE	DURATION
WEIGHTS & OR INTENSE CARDIO								
FAT BURNING CARDIO								

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ALCOHOL							
SLEEP							
STRESS							
NOTES							