

Nutrition and Training Log

Client Name _____

Log period _____ / _____

SAMPLE

Date	Time	Food – type and quantity. Include everything you put in your mouth. List the estimated quantity, i.e. ½ cup, 1 tbsp.	Beverage	Physical activity/How I feel
4/7/09	7:00a	1/2c uncooked oatmeal, 45g protein powder mixed in 12 oz water with 1/2c frozen mixed berries, ½ medium banana	2 glasses water	35 mins elliptical
	3:30			45 mins weight training
				I felt great all day. Had a lot of energy after meal 1.

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