Date

Year	Month	Day
2008	10	

Weight

Resting HR

Previous Night Sleep

Time	L	M	H
	☐	☐	☐

Eating

Time	Hunger Before	Hunger After	Qty	Description	Cals	Protein	Fiber	Line Protein
	5	5	1					
	5	5	1					
	5	5	1					
	5	5	1					
	5	5	1					
	5	5	1					
	5	5	1					
	5	5	1					
	5	5			0	0	0	
	5	5			0	0	0	
	0	0			0	0	0	
	0	0			0	0	0	
	0	0			0	0	0	
	5	5			0	0	0	
	5	5			0	0	0	
	5	5			0	0	0	
				Totals	0	0	0	
				Remaining	1,600	125		
				Percent Cals from Protein		0%		

Exercise

	Start Time	Mins	L	M	H	Type	Cals	Notes
1			☐	☐	☐			
2			☐	☐	☐			

Pills

Time	Fish Oil	Ginseng	Lipitor	B	C	D
	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐

Notes

Water

Time	Amount	Form	Caffeine?
			☐
			☐
			☐
			☐
			☐
			☐
Total	0		☐