



LAST NAME: \_\_\_\_\_

PAGE# \_\_\_ of \_\_\_

FIRST NAME: \_\_\_\_\_

Dates \_\_\_ - \_\_\_

1	2	3	4	5	6	7	8	9	10	11	12	13
Entry #	Date	Time	Food Item	Calories	Prot. Grams	Carb Grams.	Sugar Grams	Fat Grams	Fi-ber	Sodium Grams	Your Body Weight	% Body Fat
1	/											
2	/											
3	/											
4	/											
5	/											
6	/											
7	/											
8	/											
9	/											
10	/											
11	/											
12	/											
13	/											
14	/											
15	/											
16	/											
17	/											
18	/											
19	/											
20	/											

<b>Head Coach</b> Initials/Date	
<b>Group Coach</b> Initials/Date	

PAGE TOTALS				5	6	7	8	9	10	11	12	13
DATES				Calories	Pr	Cr.	Sg	Fat	Fbr	Sod	Your Wt.	% Fat
___ / ___ / ___ / ___ - ___ / ___ / ___ / ___												
<b>PERCENTAGES</b> →				100%								