Date:_____ Body Weight:_____	Weather: Temp: Humidity:
	Notes:

Cardio-Swim/Bike/Run Other:_____	Strength Training			
Workout	Exercise	Sets	Reps	Weight
Total Distance:_____ Calories Burned:_____				

Nutrition Log	
Breakfast	Snack
	Calories
Calories	Dinner
Snack	
Calories	Calories
Lunch	Notes:
Calories	Total Calories: Net Calories: