Meal and Training Log

Day 1 - Date:_____	Water	Day 1 - Date:_____	Water	Day 1 - Date:_____	Water
Meal 1		Meal 1		Meal 1	
Meal 2		Meal 2		Meal 2	
Meal 3		Meal 3		Meal 3	
Meal 4		Meal 4		Meal 4	
Meal 5		Meal 5		Meal 5	
Meal 6		Meal 6		Meal 6	
Totals		Totals		Totals	
Cardio		Cardio		Cardio	
Aerobic		Aerobic		Aerobic	
Weights		Weights		Weights	
Day 2 - Date:_____	Water	Day 2 - Date:_____	Water	Day 2 - Date:_____	Water
Meal 1		Meal 1		Meal 1	
Meal 2		Meal 2		Meal 2	
Meal 3		Meal 3		Meal 3	
Meal 4		Meal 4		Meal 4	
Meal 5		Meal 5		Meal 5	
Meal 6		Meal 6		Meal 6	
Totals		Totals		Totals	
Cardio		Cardio		Cardio	
Aerobic		Aerobic		Aerobic	
Weights		Weights		Weights	
Day 3 - Date:_____	Water	Day 3 - Date:_____	Water	Day 3 - Date:_____	Water
Meal 1		Meal 1		Meal 1	
Meal 2		Meal 2		Meal 2	
Meal 3		Meal 3		Meal 3	
Meal 4		Meal 4		Meal 4	
Meal 5		Meal 5		Meal 5	
Meal 6		Meal 6		Meal 6	
Totals		Totals		Totals	
Cardio		Cardio		Cardio	
Aerobic		Aerobic		Aerobic	
Weights		Weights		Weights	
Day 4 - Date:_____	Water	Day 4 - Date:_____	Water	Day 4 - Date:_____	Water
Meal 1		Meal 1		Meal 1	
Meal 2		Meal 2		Meal 2	
Meal 3		Meal 3		Meal 3	
Meal 4		Meal 4		Meal 4	
Meal 5		Meal 5		Meal 5	
Meal 6		Meal 6		Meal 6	
Totals		Totals		Totals	
Cardio		Cardio		Cardio	
Aerobic		Aerobic		Aerobic	
Weights		Weights		Weights	
Day 5 - Date:_____	Water	Day 5 - Date:_____	Water	Day 5 - Date:_____	Water
Meal 1		Meal 1		Meal 1	
Meal 2		Meal 2		Meal 2	
Meal 3		Meal 3		Meal 3	
Meal 4		Meal 4		Meal 4	
Meal 5		Meal 5		Meal 5	
Meal 6		Meal 6		Meal 6	
Totals		Totals		Totals	
Cardio		Cardio		Cardio	
Aerobic		Aerobic		Aerobic	
Weights		Weights		Weights	
Day 6 - Date:_____	Water	Day 6 - Date:_____	Water	Day 6 - Date:_____	Water
Meal 1		Meal 1		Meal 1	
Meal 2		Meal 2		Meal 2	
Meal 3		Meal 3		Meal 3	
Meal 4		Meal 4		Meal 4	
Meal 5		Meal 5		Meal 5	
Meal 6		Meal 6		Meal 6	
Totals		Totals		Totals	
Cardio		Cardio		Cardio	
Aerobic		Aerobic		Aerobic	
Weights		Weights		Weights	
Day 7 - Date:_____	Water	Day 7 - Date:_____	Water	Day 7 - Date:_____	Water
Meal 1		Meal 1		Meal 1	
Meal 2		Meal 2		Meal 2	
Meal 3		Meal 3		Meal 3	
Meal 4		Meal 4		Meal 4	
Meal 5		Meal 5		Meal 5	
Meal 6		Meal 6		Meal 6	
Totals		Totals		Totals	
Cardio		Cardio		Cardio	
Aerobic		Aerobic		Aerobic	
Weights		Weights		Weights	