Daily Food Journal

Dynamic 1on1
Personal Fitness Training

Caloric Guidelines
Max: Daily calories:_____ Name _____ Date_____
Max: Daily Fat Grams:_____

Meal	Food Eaten	Amount	Fat Gr	Calories	Comments
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water	( )( )( )( )( )( )( )				
		Total:			

Comments: _____

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