

# 2008 Weekly Health Diary

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Cal	Pro	Cal	Pro	Cal	Pro	Cal	Pro	Cal	Pro	Cal	Pro	Cal	Pro
Breakfast														
Calories	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lunch														
Calories	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Snack														
Calories	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dinner														
Calories	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Snack														
Calories	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>TOTALS</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0

<b>4-3-2-1</b>						
Fruits/Vegs	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
Protein	□□□	□□□	□□□	□□□	□□□	□□□
Whole Grains	□□	□□	□□	□□	□□	□□
Extras	□	□	□	□	□	□
<b>WORKOUT</b>	REST	Cardio	Cardio	Weights/Gym	Cardio	Weights/Gym
	□	□	□	□	□	□