Here's Your 14 Minute Workout Journal

Use this to keep track of your workouts and nutrition plan.

NOW GET STARTED… YOU GOT 14 MINUTES!

Fit For Life Personal Exercise Journal

Date_____ **Time**_____

Cardio Workout

Exercise	Time	Comments (resistance/ intensity, etc.)

Strength Training

Exercise		1st set	2nd set	3rd set	4th set	5th set	Comments
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						
	WT						
	REP						

Meals Eaten Today (Put a check mark in the boxes that apply!)

1.	2.	3.	4.	5.
Breakfast	Snack	Lunch	Snack	Dinner

Fit For Life Personal Nutrition Journal Sheets

Record Day, Time and Date :

Average Daily Diet - Recommendation Only! - Check With Your Physician!

REQUIRED DAILY	AMOUNT	Comments
PROTEIN	30%	
CARBS	45%	
FAT	25%	

Meal

TIME FOOD CONSUMED IN A DAY TOTAL GRAMS PER MEAL

		PROTEIN	CARBS	FAT	CALORIES	
MEAL #1						
MEAL #2						
MEAL #3						
MEAL #4						
MEAL #5						
MEAL #6						

Today I Feel Like:

_Great _Good _OK _Energetic _Sluggish _Sleepy _Depressed _Overwhelmed

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