

DATE: _____ TOTAL DAILY CALORIES: <input type="text"/> Wake Up Time: _____ Hours: _____	DATE: _____ TOTAL DAILY CALORIES: <input type="text"/> Wake Up Time: _____ Hours: _____	DATE: _____ TOTAL DAILY CALORIES: <input type="text"/> Wake Up Time: _____ Hours: _____
Meal Information	Meal Information	Meal Information
1st Meal Time:	1st Meal Time:	1st Meal Time:
Total Calories: _____	Total Calories: _____	Total Calories: _____
Snack (If Medically Indicated)	Snack (If Medically Indicated)	Snack (If Medically Indicated)
Total Calories: _____	Total Calories: _____	Total Calories: _____
2nd Meal Time:	2nd Meal Time:	2nd Meal Time:
Total Calories: _____	Total Calories: _____	Total Calories: _____
Snack (If Medically Indicated)	Snack (If Medically Indicated)	Snack (If Medically Indicated)
Total Calories: _____	Total Calories: _____	Total Calories: _____
3rd Meal Time:	3rd Meal Time:	3rd Meal Time:
Total Calories: _____	Total Calories: _____	Total Calories: _____
Water/Drinks: 8 oz Increments	Water/Drinks: 8 oz Increments	Water/Drinks: 8 oz Increments
1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20	11 12 13 14 15 16 17 18 19 20	11 12 13 14 15 16 17 18 19 20
Activity/Exercise	Activity/Exercise	Activity/Exercise
Type: _____	Type: _____	Type: _____
Duration: _____	Duration: _____	Duration: _____
Shakes: 1 (2x) Legumes: 1 (2x) Cat 2 Veg: 0 1 Fruits: 1 2 Proteins: 1 2 WH Grains: 0 1 Nuts/Seeds: 1 2 Cat 1 Veg: 1 2 3 4 + Fats: 1 2 3 4 Vitamins: 1	Shakes: 1 (2x) Legumes: 1 (2x) Cat 2 Veg: 0 1 Fruits: 1 2 Proteins: 1 2 WH Grains: 0 1 Nuts/Seeds: 1 2 Cat 1 Veg: 1 2 3 4 + Fats: 1 2 3 4 Vitamins: 1	Shakes: 1 (2x) Legumes: 1 (2x) Cat 2 Veg: 0 1 Fruits: 1 2 Proteins: 1 2 WH Grains: 0 1 Nuts/Seeds: 1 2 Cat 1 Veg: 1 2 3 4 + Fats: 1 2 3 4 Vitamins: 1
Stress Technique: _____	Stress Technique: _____	Stress Technique: _____
Meal Prep for Tomorrow: Y or N	Meal Prep for Tomorrow: Y or N	Meal Prep for Tomorrow: Y or N
Personal Goal for Tomorrow: _____	Personal Goal for Tomorrow: _____	Personal Goal for Tomorrow: _____