DAY

DAILY FOOD AND DRINK TRACKER

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES

MAKE SEVEN (7) COPIES OF THIS PAGE.

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DAILY FOOD AND DRINK TRACKER (CONTINUED)

TIME	AMOUNT/NAME/DESCRIPTION	FAT GRAMS	CALORIES
	TOTALS		

DAILY PHYSICAL ACTIVITY

TYPE OF ACTIVITY	MINUTES
TOTAL	