

Daily Food & Fitness Log

Brought to you by Move It 2 Lose It Fitness

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|--|----------|----------|----------|------------------------------|----------|----------|----------|
| What did I eat today? | | | | | | | |
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Things that got in the way of my routine | | | | | | | |
| Ideas to keep this from happening again | | | | | | | |
| Exercise | Lbs/Reps | Lbs/Reps | Lbs/Reps | Warm Up Cool Down | Lbs/Reps | Lbs/Reps | Lbs/Reps |
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| Aerobic Exercise | | | | Stretching | | | |
| Type: | | | | Type: | | | |
| Duration: | | | | Duration: | | | |

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