Fitness For m Yoga For m Total m Total m Hours of Sleep Water Intake Appetite EXCEL GOOD FAIR POOR Mood EXCEL GOOD FAIR POOR Energy EXCEL GOOD FAIR POOR SUPPLIMENTS TAKEN: Did I consume sugar today? Pid I consume caffeine today? Pid I consume Alcohol today? YES NO Did I complete my training plan today?	LEAN BODY RESULT T	RACKER		DATE: /	/
Fitness For m Yoga For m Total m Hours of Sleep Water Intake Appetite EXCEL GOOD FAIR POOR Mood EXCEL GOOD FAIR POOR Energy EXCEL GOOD FAIR POOR SUPPLIMENTS TAKEN: Did I consume sugar today? Did I consume Alcohol today? Pis No Did I complete my training plan today? YES NO Did I complete my training plan today?					
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Did I consume Alcohol today? Pid I complete my training plan today? YES NO	Did I consume suga	r today?		YES	NO
Did I complete my training plan today? YES NO	Did I consume caffeine today?				NO NO
	Did I consume Alcohol today?			YES	NO
MOTEC	Did I complete my t	raining plan today	y?	YES	NO NO
NOIE2:	NOTES:				

DAILY FOOD DIARY

DATE: / /

	TIME	QUANTITY	ITEM
Meal I			
Meal 2			
Meal 3			
Meal 4			
Meal 5			
Meal 6			

How do you rate this day?

EXCEL

GOOD

FAIR

POOR

MEATS &DELI

GROCERES ES

FROZEN /DAIRY

TODAY I AM GRATEFUL FOR					