

Daily Diet & Training Log

Date _____ Time _____ Cardio _____

Daily Diet

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6

Additional Notes

Weight Training

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
	WT							
	RP							
	WT							
	RP							
	WT							
	RP							
	WT							
	RP							
	WT							
	RP							