Nutrition Log

Date: _____

Goals for today:	Today's weight:	Calories:	Protein:	Fat:	Sugars:	Sodium:	Fiber:	Carbs:

Breakfast:	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
Totals:								
Morning Snack:	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs

Totals:								
Lunch:	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
Totals:								
Afternoon Snack:	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
Totals:								
Dinner:	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs

Totals:								
Evening Snack:	Time	Calories	Protein	Fat	Sugars	Sodium	Fiber	Carbs
Totals:								
Total Daily Intakes:								

Tips:

- Try to weigh yourself at the same time everyday. This will help you get the most consistent results.
- The FDA recommended daily calorie intake for adults is 2,000 calories a day for women and 2,500 for men. Consult your doctor before trying any weight loss plans.
- Try to eat at least 1,200 calories a day. Anything lower than that could be unhealthy and cause severe health consequences.