

This is a nutrition log. Tracking your nutrition once every now and then will give you an accurate snapshot of what your nutritional habits look like right now. Think about your fitness journey as if it were a GPS navigation system.

Once you decide where you want to go, you get specific directions AFTER you input where you’re starting from. This nutrition is the “my location” in your system. Without knowing precisely where you are right now, it will be next to impossible to get to the right path you should be on.

Track everything you consume for 5 consecutive days. Just an FYI, it should take the average adult a total of 10 minutes to document a week’s worth of nutrition.

Let’s get it! Do it for you!

**SAMPLE Nutrition Log** **Date:** 12/15/2019

 **Day:** Sunday

6:15

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|  | **Time** | **Food** | **H2O (oz)** | **Supplements** |
| **Meal 1** | 6:30am | 1 handful red grapes |  |  |
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| 7:00a | Trained for 60 min |  |  |
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| **Meal 2** |  | 1egg/3 egg whites |  | Multivitamin |
|  | 1 cup steamed spinach |  | Vitamin C |
|  | 1 serving graded cheese |  | L-glutamine |
|  | 1 cup strawberry Yoplait yogurt |  | Flax/cod |
|  | 1 cup herbal tea |  |  |
| **Meal 3** | 11 am | 1 Promax cookies & cream protein bar |  |  |
|  | 1 banana |  |  |
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| **Meal 4** | 2 pm | Baked chicken breast |  | Multivitamin |
|  | 1 cup brown rice (instant) |  | Vitamin C |
|  | 1 cup broccoli |  | L-glutamine |
|  |  |  | Flax/cod |
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| **Meal 5** | 5 pm | Protein shake w/ 10oz skim milk |  |  |
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| \*\* | Liquid amino acids w/ H2O while training |  |  |
| **Meal 6** | 9 pm | Baked potato |  | Multivitamin |
|  | Whiting fish filet (baked) |  | Vitamin C |
|  | 1 cup broccoli |  | L-glutamine |
|  | 3 reduced chips-a-hoy cookies |  | Flax/cod |
|  | Water for the day… | 1 G |  |

**Comments** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Nutrition Log** **Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_**

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| * **Ok**
 | * **Good**
 | * **Great**
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