

Date: _____

Check off how many 8 oz. glasses of water you had ==>	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 <i>(at least 8 cups a day is recommend for fat loss)</i>
---	---

Meal 1: What you ate & drank	Calories	Carbs	Protein	Fat
Meal 1 Totals ==>				
Time you ate Meal 1: _____				
Meal 2: What you ate & drank	Calories	Carbs	Protein	Fat
Meal 2 Totals ==>				
Time you ate Meal 2: _____				
Meal 3: What you ate & drank	Calories	Carbs	Protein	Fat
Meal 3 Totals ==>				
Time you ate Meal 3: _____				

Meal 4: What you ate & drank	Calories	Carbs	Protein	Fat

Meal 4 Totals ==>				
Time you ate Meal 4: _____				

Meal 5: What you ate & drank	Calories	Carbs	Protein	Fat

Meal 5 Totals ==>				
Time you ate Meal 5: _____				

Meal 6: What you ate & drank	Calories	Carbs	Protein	Fat

Meal 6 Totals ==>				
Time you ate Meal 6: _____				

	Calories	Carbs	Protein	Fat
Daily Totals of Meals 1-thru-6 ==>				
Total number of carb, protein & fat calories ==> <small>(Multiply carbs & protein by 4 – Multiply Fats x 9)</small>				
% of carbs, proteins & fats in today's diet ==> <small>(Divide total carb, protein & fat calories individually by total calories)</small>				