Time	Beverages & Food Consumed	Amount

- Slots reserved for recording snacks.

Mark a bottle for every 8-10oz of water you drink during the day. Aim to check them all!

TODAY'S EXERCISE _____

ENERGY LEVEL _____

TODAY'S BIGGEST TEMPTATION _____

"To eat is a necessity, but to eat intelligently is an art."

- La Rochefoucauld