

FITNESSXT

The VIP Diet/Lifeskills

www.Fitnessxt.com

Daily Food Report

Name:

Date:

Weight:

	Protein	Carbs	Fat
Meal #1			
Meal #2			
Meal #3			
Meal #4			
Meal #5			
Meal #6			
Sub-Total			
Actual Totals			
Target for Day			
Target per Meal			
Remember, flexibility is key, but so is consistency with your daily macronutrient goals.			

Also Track Daily:

Water Intake:

hrs Sleep:

Bowel Movements:

Overall Condition/Energy Levels:

Exercise Completed: