



## D\*I\*Y Planner v3.0 Health Package

Welcome to the **D\*I\*Y Planner v3 Health Package**, a series of printable forms to help you manage your health, diet and fitness level. There's not much here at the moment, but this package will see more additions in the future.

The most recent version of this package, along with the rest of the printable template kits, can always be found at:

<http://www.diyplanner.com/templates/official/classic>

The DIYPlanner.com site also contains handbooks, how-to guides, documents and numerous articles that can help you make the most of your planner. Please visit the [site home page](#) or the [documents section](#) to get started.

### Legal Rights & Disclaimers

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# Exercise Log

Goals

Date	Activity	Time/Reps	Wt/Intensity	Calories

Notes

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Goals

Date	Activity	Time/Reps	Wt/Intensity	Calories

Notes

---

---

# Diet Tracker

Goal \_\_\_\_\_

Dates \_\_\_\_\_

	BFast	Lunch	Dinner	Snack	Snack	Snack	Fat Cal	Total Cal	Water	Vitamins	Cal Burnt	Notes
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

Totals

Weight

Difference

	BFast	Lunch	Dinner	Snack	Snack	Snack	Fat Cal	Total Cal	Water	Vitamins	Cal Burnt	Notes
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

Totals

Weight

Difference

# Diet Tracker

Goal \_\_\_\_\_

Dates \_\_\_\_\_

	BFast	Lunch	Dinner	Snack	Snack	Snack	Fat Cal	Total Cal	Water	Vitamins	Cal Burnt	Notes
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

Totals

Weight

Difference

	BFast	Lunch	Dinner	Snack	Snack	Snack	Fat Cal	Total Cal	Water	Vitamins	Cal Burnt	Notes
Monday												
Tuesday												
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Friday												
Saturday												
Sunday												

Totals

Weight

Difference

# Diet Tracker

Goal \_\_\_\_\_

Dates \_\_\_\_\_

	Bfast	Lunch	Dinner	Snack	Snack	Snack	Fat Cal	Total Cal	Water	Vitamins	Cal Burnt	Notes
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
Totals												
Weight												
Difference												

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Weight												
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Goal \_\_\_\_\_

Dates \_\_\_\_\_

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