

# Intake and Exercise Log

Week of: \_\_\_\_\_

		1	2	3	4	5	6	7	8
Monday	Water								
	Vitamins								
	Omeegas								
	Vegetable								
	Fruit								
	Grain								
	Exercise								
Tuesday	Water								
	Vitamins								
	Omeegas								
	Vegetable								
	Fruit								
	Grain								
	Exercise								
Wednesday	Water								
	Vitamins								
	Omeegas								
	Vegetable								
	Fruit								
	Grain								
	Exercise								
Thursday	Water								
	Vitamins								
	Omeegas								
	Vegetable								
	Fruit								
	Grain								
	Exercise								

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Friday	Water								
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	Omegas								
	Vegetable								
	Fruit								
	Grain								
	Exercise								
Saturday	Water								
	Vitamins								
	Omegas								
	Vegetable								
	Fruit								
	Grain								
	Exercise								
Sunday	Water								
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	Omegas								
	Vegetable								
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Notes									

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