



## MY GOAL

# DAILY FOOD LOG

If you eat it, you log it. Be mindful of what you're eating and meet your goals.

## NOTES:

**RESOURCES:** MyFitnessPal is a free app to easily log your daily food choices. Calculate your calorie goals using www.calculator.net and track your macros and nutrients for balance and health.

**SUGGESTED GOAL PAIRINGS:** Drink Water - Track Progress - Healthy Meal Plan - Begin Fitness

**PROGRESS:** For every day you log your food and meet your goals, color in the box. Just keep getting better. You can do this.

A graphic of a calendar with a blue header and a white grid. The header has two punch holes and the text "DAILY FOOD LOG". The grid consists of 5 rows and 7 columns of empty boxes for logging food intake.

DAILY FOOD LOG						