The Nutrition Nerd Eating and Exercise Log

Date:

If you have any questions, please let me know: info@denisfaye.com

Exercise 1: Time: Duration: Intensity (1-10):

Exercise 2: Time: Duration: Intensity (1-10):

Exercise 3: Time: Duration: Intensity (1-10):

Breakfast: Time:

Post-meal satiety (1 to 10): Post-meal energy:

Lunch: Time:

Post-meal satiety (1 to 10): Post-meal energy:

Dinner: Time:

Post-meal satiety (1 to 10): Post-meal energy:

Snack 1: Time:

Post-snack satiety (1 to 10): Post-snack energy:

Snack 2: Time:

Post-snack satiety (1 to 10): Post-snack energy:

Total Fluid Intake (includes listed above):

Sleep (duration, quality): Supplements, vitamins, medications: