

# Nutrition Log

Week _____								
Day	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
Carb								
Protein								
Fat								
Calorie								
Carbs								
Energy								

\*Energy level can be rated 1-10, with 10 being energized and 1 being exhausted. Take the average rating for total.

