

**Diet Log Sheet**

Name \_\_\_\_\_ Week \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Calories	Total Calories	Total Calories	Total Calories	Total Calories	Total Calories	Total Calories
Water	Water	Water	Water	Water	Water	Water

**Comments:**

\_\_\_\_\_  
 \_\_\_\_\_

# Exercise Log Sheet

Name \_\_\_\_\_

Week \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Date</b>							
<b>Aerobic</b>							
<b>Resistance</b>							
<b>Stretching</b>							
<b>Comments:</b>							