



kazpersonalfitness.com

Kaz Personal Fitness & Wellness Program

DIET JOURNAL FORM

Daily record of your food and fluid intake.

Note: Please fill in the food column. The entries to Calories, Protein, Carbs, Fats, Fiber, and Water are optional.

Time Place	Meal # Food	Cal	Pro	Carb	Fat	Fiber	Water
Example 7 AM Home	Meal 1 1 cup of cooked oatmeal						
	Meal 1						
	Meal 1 Total						
	Meal 2						
	Meal 2 Total						
	Meal 3						
	Meal 3 Total						
	Meal 4						
	Meal 4 Total						
	Meal 5						
	Meal 5 Total						
	Meal 6						
	Meal 6 Total						
	TOTAL OF THE DAY						

Exercise:

Aerobics _____ minutes

Strength _____ minutes

Comments: