



Date Day

DAILY WORKOUT AND CALORIE LOG

Baseline Daily BMR	
Planned Daily Deficit (+/-)	
Weight Loss/Gain Goal Adjustment	

Workouts

Workout 1:	
Workout 2:	
Workout 3:	
Calorie Burn Total	

Nutrition

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Calorie Consumed Total	

Net Calorie Calculator

Calorie Burn Total	
Calorie Consumed Total	
Calorie Bank	

Water Consumption

Goal 8 x 8 ounces	1	2	3	4	5	6	7	8
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Notes