|  |  |
| --- | --- |
| DATE: |  |
| TOTAL H20 | (Circle One +/-) **16oz. 32oz. 64oz. 96oz. 128oz.** |
| Time: | **Food & Additional Beverages** |
| 1. |  |
|  |  |
| 2. |  |
|  |  |
| 3. |  |
|  |  |
| 4. |  |
|  |  |
| 5. |  |
|  |  |
| 6. |  |
|  |  |
| Shake Before Bed | (Circle One) **YES NO** |
| Exercise | **Cardio: Strength:** |
| NOTES: | |



**DAILY LOG**

|  |  |
| --- | --- |
| DATE: |  |
| TOTAL H20 | (Circle One +/-) **16oz. 32oz. 64oz. 96oz. 128oz.** |
| Time: | **Food & Additional Beverages** |
| 1. |  |
|  |  |
| 2. |  |
|  |  |
| 3. |  |
|  |  |
| 4. |  |
|  |  |
| 5. |  |
|  |  |
| 6. |  |
|  |  |
| Shake Before Bed | (Circle One) **YES NO** |
| Exercise | **Cardio: Strength:** |
| NOTES: | |