

Stay Fit Forever

DAY _____	
Today's Date:	
Breakfast	Beverages:
	Vegetables:
	Proteins:
	Time: Fruits:
	_____ Grains:
	Fats:
Snack	
	Time _____
Lunch	Beverages:
	Vegetables:
	Proteins:
	Time: Fruits:
	_____ Grains:
	Fats:
Snack	
	Time _____
Dinner	Beverages:
	Vegetables:
	Proteins:
	Time: Fruits:
	_____ Grains:
	Fats:
Exercise	Activity:
	Time of day:
	Length:

DAY _____	
Today's Date:	
Breakfast	Beverages:
	Vegetables:
	Proteins:
	Time: Fruits:
	_____ Grains:
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