Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

Luke, there is no try.
There is do or not do.
— *Star War's* Yoda

water

multivitamin

_____

notes

Today's calculations

	Total grams		Cals per type		Today's total calories		Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

When you get to the end of your rope, tie a knot and hang on.
– Franklin Roosevelt

water

multivitamin

_____

notes

Today's calculations

	Total grams		Cals per type		Today's total calories		Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

There is nothing good or bad, but thinking makes it so.
— Shakespeare

water

multivitamin

_____

notes

Today's calculations

	Total grams		Cals per type	/	Today's total calories	=	Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

*Food Diary for*_____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

When you get into a tight place and everything goes against you till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.
— Harriet Beecher Stowe

water

multivitamin

notes

Today's calculations

	Total grams		Cals per type	/	Today's total calories	=	Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

*Food Diary for*_____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

Knowing is not enough; we must apply. Willing is not enough; we must do." – Johann von Goethe

water

multivitamin

_____

notes

Today's calculations

	Total grams		Cals per type	/	Today's total calories	=	Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

You must act as if it is impossible to fail.
— Ashanti Proverb

water

multivitamin

_____

notes

Today's calculations

	Total grams		Cals per type		Today's total calories		Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

Nothing happens by itself... it all will come your way, once you understand that you have to make it come your way, by your own exertions.
— Ben Stein

water

multivitamin

_____

notes

Today's calculations

	Total grams		Cals per type	/	Today's total calories	=	Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

We are what we repeatedly do. Excellence, then, is not an act, but a habit. — Aristotle

water

multivitamin

notes

Today's calculations

	Total grams		Cals per type		Today's total calories		Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

Our greatest glory is not in never falling, but in rising every time we fall.
— Confucius

water

multivitamin

_____

notes

Today's calculations

	Total grams		Cals per type	/	Today's total calories	=	Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

In this age, which believes that there is a short cut to everything, the greatest lesson to be learned is that the most difficult way is, in the long run, the easiest.
— Henry Miller

water

multivitamin

notes

Today's calculations

	Total grams		Cals per type	/	Today's total calories	=	Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

An ounce of application is worth a ton of abstraction — Booker Washington

water

multivitamin

_____

notes

Today's calculations

	Total grams		Cals per type		Today's total calories		Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

When I let go of what I am, I become what I might be.
— Lao Tzu

water

multivitamin

notes

Today's calculations

	Total grams		Cals per type		Today's total calories		Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind. — Leonardo da Vinci

water

multivitamin

notes

Today's calculations

	Total grams		Cals per type	/	Today's total calories	=	Today's percentages
Protein	_____	g X 4 * =	_____	/	_____	=	_____
Fat	_____	g X 9 * =	_____	/	_____	=	_____
Carbs	_____	g X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.

Food Diary for _____

meal/item/portion	pro.	fat.	carb.	cal.
Totals				

Life isn't about finding yourself. Life is about creating yourself. — George Bernard Shaw

water

multivitamin

notes

Today's calculations

	Total grams		Cals per type		Today's total calories		Today's percentages
Protein	_____ g	X 4 * =	_____	/	_____	=	_____
Fat	_____ g	X 9 * =	_____	/	_____	=	_____
Carbs	_____ g	X 4 * =	_____	/	_____	=	_____

Each gram is multiplied by the number of calories in the gram.