

## **7 Day Nutrition Log**

<u>Day 1</u>	<u>Day 4</u>	
Total Calories:	Total Calories:	
Protein:	Protein:	
Fats:	Fats:	
Carbohydrates:	Carbohydrates:	
Calories burned:	Calories burned:	
Day 2	<u>Day 5</u>	
Total Calories:	Total Calories:	
Protein:	Protein:	
Fats:	Fats:	
Carbohydrates:	Carbohydrates:	
Calories burned:	Calories burned:	
Day 3	<u>Day 6</u>	
Total Calories:	Total Calories:	
Protein:	Protein:	
Fats:	Fats:	
Carbohydrates:	Carbohydrates:	
Calories hurned:	Calories burned:	

Day	<u>7</u>

Total Calories: \_\_\_\_\_\_
Protein: \_\_\_\_\_\_
Fats: \_\_\_\_\_
Carbohydrates: \_\_\_\_\_
Calories burned: \_\_\_\_\_

- How's your current energy levels? (1 - 10)

- How well are you sleeping? (1-10)

- How many ounces of water do you drink a day?

- What's your main goal with nutrition counseling?