

Food and Exercise Diary

Name _____

Date _____

Long Term Goal _____

This Week's Goal _____



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-Morning							
Lunch							
Mid-Afternoon							
Dinner							
Water							
Exercise Type							
Exercise Time							
Exercise Rating*							
Sleep (hrs)							
Energy Rating*							
Mood							

* Low, Moderate, High

Work Out My Butt Abs & Thighs

PO Box 4279 Myaree WA 6960 - Phone: 0410 499 464 - email: wombat@winthropdc.com

Winthrop Dexterity Consultants Pty Ltd (ACN: 066 742 452) as trustee for The D & J Musgrave Family Trust (ABN: 99 549 336 945) trading as Wombat Fitness (BN: 11175898)