



## FOOD & TRAINING DIARY

DAY: \_\_\_\_\_

DATE: \_\_\_\_\_

HOURS SLEPT: \_\_\_\_\_

MOOD: \_\_\_\_\_

**EXERCISE/TRAINING** (note time, type & intensity)

### CARDIO


### STRENGTH




## FOOD & TRAINING DIARY

### FOOD

TIME

FOOD/DRINK ITEM & AMOUNT (as much detail as possible)

TIME	FOOD/DRINK ITEM & AMOUNT (as much detail as possible)



## FOOD & TRAINING DIARY

### FOOD & DRINK continued


WATER INTAKE (number of glasses) \_\_\_\_\_