



**Fitness And Nutrition Journal: Undated Notebook.  
Space For Meals, Amounts, Calories, Body Weight,  
Exercise & Calories burnt; Vitamins & Meds,  
Water, Fruits & Veggies. For Men & Women**

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**Beautifully Designed Fitness And Nutrition/Diet And Exercise Journal**

**100 Pages**

**8 inches by 10 inches**

**One day Per Page Layout**

**Each Page contains Sections to Record the following Entries**

- Week
- Date
- Day of Week
- Water Consumed
- Portions Of Fruit & Vegetables Eaten
- Breakfast Amount & Calories
- Total Breakfast Calories
- Lunch Amount & Calories
- Total Lunch Calories
- Dinner Amount & Calories
- Total Dinner Calories
- Snacks, Amount & Calories
- Total Snack Calories
- Total Calories Consumed Each Day
- Exercise, Activity, Duration and Calories Burnt
- Vitamins & Medication
- My Weight Today

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