



STRENGTH TRAINING		START	STOP	TIME
FOCUS: <input type="checkbox"/> CHEST <input type="checkbox"/> BACK <input type="checkbox"/> SHOULDERS <input type="checkbox"/> LEGS <input type="checkbox"/> ARMS <input type="checkbox"/> ABS <input type="checkbox"/> NONE				
EXERCISE	SET1	SET2	SET3	SET4

CARDIO	START	STOP	TIME		
EXERCISE	TIME	INTENSITY	DISTANCE	RATE	CALORIES

CLASS	TIME

FLEXIBILITY

NOTES

RATE WORKOUT
 KILLER
 GOOD
 SO-SO
 BLAH
 MISSED IT

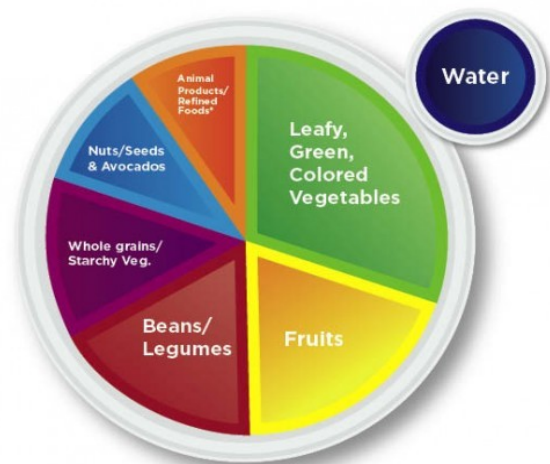
FOOD LOG



BREAKFAST	TIME	RATING
SNACK	TIME	RATING
LUNCH	TIME	RATING
SNACK	TIME	RATING
DINNER	TIME	RATING
SNACK	TIME	RATING

NUTRIENT TRACKER

	# OF SERVINGS									
GRAINS/ STARCH V										
BEANS/LEGUMINS										
GREENS										
FRUITS										
DAIRY										
MEAT										
NUTS/SEEDS										
VITAMINS										
SUGARS*										
WATER 250ml										



The Nutrient Rich® Healthy Eating Plate