



THE FITNESS CENTER

Sports • Fitness • Wellness

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 www.NewPragueFitnessCenter.com

NUTRITION JOURNAL

Name: _____

Date ___/___/___

Remember...PLAN AHEAD!

		Cal.	Fat	Carbs	Protein	Points *
Goal:						
Time	Food	Cal.	Fat	Carbs	Protein	Points*
Breakfast						
a.m. snack						
Lunch						
p.m. snack						
Dinner						
	Totals					

WATER INTAKE 

*WeightWatchers® points, if applicable.

Each diamond represents 8 oz. of water.

MOOD/EMOTIONS DURING THE DAY Record how you feel, your emotions and the temptations that you resisted.