"INSPIRATION BEHIND THE PERSPIRATION"
www.mrfitnessinc.com
786.205.3953
James Bennett, Jr.
Certified Personal Trainer

MEAL JOURNAL

Date: _____ *Weight: _____

!GOAL! EAT SMALL PORTIONS EVERY 2-3 HOURS CONSISTING OF CLEAN PROTEINS, CARBS & FAT.

TIME OF MEAL	MEAL TYPE	MEAL DESCRIPTION	CALORIES (G)		
			PROTEIN	CARBS	FAT

TOTALS

NUTRIENT	TOTAL (G)	CAL/G	TOTAL CALORIES	**TARGET CALORIES	DIFFERENCE
PROTEIN		X 4	=	-	
CARBS		X 4	=	-	
FAT		X 9	=	-	
TOTAL CALORIES CONSUMED			=	-	

NOTES

* USE YOUR LATEST WEIGHT, NOT MORE THAN 2 WEEKS OLD.

** SUPPLIED BY YOUR TRAINER: CALCULATED BASED ON YOUR *WEIGHT, ACTIVITY LEVEL, PCF %'S, AND THE TYPE OF PLAN YOUR ON (I.E. LOSS OR GAIN)

maximum response
FITNESS

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