



NUTRITION LOG

Name: _____

Date:

MONDAY	Pt	Breakfast	Snack	Lunch	Snack	Dinner	Total
Lean Protein	1						
Carb (Fruit/Veg)	1						
Fat	1						
Drink	1						
Non Paleo Slip	-1						
Fish Oil Tablet	1		1 PER DAY XX				
Active Play	1		1 PER DAY XX				
7+hrs sleep	1		1 PER DAY XX				

Date:

TUESDAY	Pt	Breakfast	Snack	Lunch	Snack	Dinner	Total
Lean Protein	1						
Carb (Fruit/Veg)	1						
Fat	1						
Drink	1						
Non Paleo Slip	-1						
Fish Oil Tablet	1		1 PER DAY XX				
Active Play	1		1 PER DAY XX				
7+hrs sleep	1		1 PER DAY XX				

Date:

WEDNESDAY	Pt	Breakfast	Snack	Lunch	Snack	Dinner	Total
Lean Protein	1						
Carb (Fruit/Veg)	1						
Fat	1						
Drink	1						
Non Paleo Slip	-1						
Fish Oil Tablet	1		1 PER DAY XX				
Active Play	1		1 PER DAY XX				
7+hrs sleep	1		1 PER DAY XX				

Date:

THURSDAY	Pt	Breakfast	Snack	Lunch	Snack	Dinner	Total
Lean Protein	1						
Carb (Fruit/Veg)	1						
Fat	1						
Drink	1						
Non Paleo Slip	-1						
Fish Oil Tablet	1		1 PER DAY XX				
Active Play	1		1 PER DAY XX				
7+hrs sleep	1		1 PER DAY XX				

Date:

FRIDAY	Pt	Breakfast	Snack	Lunch	Snack	Dinner	Total
Lean Protein	1						
Carb (Fruit/Veg)	1						
Fat	1						
Drink	1						
Non Paleo Slip	-1						
Fish Oil Tablet	1		1 PER DAY XX				
Active Play	1		1 PER DAY XX				
7+hrs sleep	1		1 PER DAY XX				

Date:

SATURDAY	Pt	Breakfast	Snack	Lunch	Snack	Dinner	Total
Lean Protein	1						
Carb (Fruit/Veg)	1						
Fat	1						
Drink	1						
Non Paleo Slip	-1						
Fish Oil Tablet	1		1 PER DAY XX				
Active Play	1		1 PER DAY XX				
7+hrs sleep	1		1 PER DAY XX				

Date:

SUNDAY	Pt	Breakfast	Snack	Lunch	Snack	Dinner	Total
Lean Protein	1						
Carb (Fruit/Veg)	1						
Fat	1						
Drink	1						
Non Paleo Slip	-1						
Fish Oil Tablet	1		1 PER DAY XX				
Active Play	1		1 PER DAY XX				
7+hrs sleep	1		1 PER DAY XX				

PER WEEK POINTS	TOTAL
3 WODs/week	1 pt per WOD/ 3 pts max/wk
1 Sprint Workout/wk	1 pt per week
Check in w/ Partner	1 pt per week
Share Recipe	1 pt per recipe/ 5 pts max/wk
Try Something New	1 pt per week
Yoga Class	1 pt per class/ 3 pts max/wk
Web Presentation	10 pts per week
50% Organic/Local	1 pt per week
Weekly Points Total	
Daily Points Total	
Grand Total	

Reflections:

WORKOUT LOG

Name:

MONDAY Date:

FRIDAY Date:

TUESDAY Date:

SATURDAY Date:

WEDNESDAY Date:

SUNDAY Date:

THURSDAY Date:

Notes:

