

Name:

Waist:

14-Day Food & Exercise Diary



**MOBILE FITNESS
PERSONAL TRAINER**

Date:

Hip:

Weight:

Body Fat%

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:
Fluids:	Fluids:	Fluids:	Fluids:	Fluids:	Fluids:	Fluids:
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:	Snacks:
Fluids:	Fluids:	Fluids:	Fluids:	Fluids:	Fluids:	Fluids:
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:

Date:

Weight:

Hip:

Width:

Body Fat%



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