

# THE FITNESS CENTER

Sports • Fitness • Wellness

## Nutrition Journal

504 Sixth Ave NW  
New Prague MN 56071  
952.758.8199

www.newpraguefitnesscenter.com

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Remember....PLAN AHEAD!*

### Breakfast:

Time	Food	Portion	Mood (if affecting food intake)	Calories/WW Points

### Lunch:

Time	Food	Portion	Mood (if affecting food intake)	Calories/WW Points

### Dinner:

Time	Food	Portion	Mood (if affecting food intake)	Calories/WW Points

### Snacks:

Time	Food	Portion	Mood (if affecting food intake)	Calories/WW Points

Water Intake:



Total:

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