4-Day Nutrition Journal

Keep track of food and liquids consumed each day including water. Record the approximate size of your meal/drink. Establish a routine of eating regular, healthy meals and snacks every few hours for optimum health & performance! Visit http://nlpstrength.com/nutritionlog.pdf (case sensitive) for extra copies of this journal.

Day 1 - Date:

Time of Day	Food Item	Approximate Servings

Day 2 - Date:

Time of Day	Food Item	Approximate Servings

Day 3 - Date:

Time of Day	Food Item	Approximate Servings

Day 4 - Date:

Time of Day	Food Item	Approximate Servings