

**Cantrell Wellness 8-week Intensive
Nutrition and Exercise Log**

Name: _____

Date: _____

Food/ Drink Item		Calories	Protein	Carbs	Fat	Fiber
Breakfast	_____					

TOTAL MEAL:		0	0	0	0	0

X mark for each
8oz glass of water

Food/ Drink Item		Calories	Protein	Carbs	Fat	Fiber
Snack	_____					

TOTAL MEAL:		0	0	0	0	0

Food/ Drink Item		Calories	Protein	Carbs	Fat	Fiber
Lunch	_____					

TOTAL MEAL:		0	0	0	0	0

Exercise- Log time:

Bootcamp	
Cardio	
Strength	
Abs	
TOTAL:	0.00

Food/ Drink Item		Calories	Protein	Carbs	Fat	Fiber
Snack	_____					

TOTAL MEAL:		0	0	0	0	0

Food/ Drink Item		Calories	Protein	Carbs	Fat	Fiber
Dinner	_____					

TOTAL MEAL:		0	0	0	0	0

Daily Totals:

<i>0</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>0</i>
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