

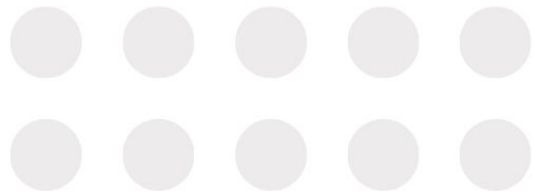
# DAILY FOOD TRACKER

Date:

BREAKFAST	DINNER	LUNCH	SNACKS

TODAY'S WORKOUT

WATER INTAKE (10 OZ SERVINGS)



NOTES