	Date	
MY FOOD JOURNAL		
Breakfast	SERVING	CALORIES
		SUBTOTAL
Mid-Morning Snack		
		SUBTOTAL
Lunch		La contraction de la contracti
		TO DESCRIPTION OF PERSONNELS OF PERSONNELS AND ADMINISTRATION OF PERSONNELS OF PERSONN
		SUBTOTAL
Mid-Afternoon Snack		
Dinner		
		The second secon
,		SUBTOTAL
Evening Snack	,	
		SUBTOTAL
	TOTAL CALORIES FROM FOOD	
MY FITNESS JOURNAL		
Activity	DURATION	CALORIES
	TOTAL CALORIES FROM FITNESS	