

## Le Physique Personal Training Nutrition Log

Keeping track of what you eat is an excellent way to manage a healthy diet. Whether you want to gain, lose or maintain a desired weight, logging food intake will help you keep track of how you are doing. This will allow you to know if adjustments need to be made in order to achieve your goal.

Adjust the start and end time to reflect when you wake up and when you go to sleep. Keep the time intervals consistent (for example, if you'd like to subdivide into 15 or 30 minute increments, follow that formatting through your entire day). For example, the intervals might be:

Wake up at 6am, 6:30, 7, 7:30, 8, 8:30am etc...bed time at 10pm

or

Wake up at 9am, 10am, 11am, 12pm, 1pm, 2pm etc...bed time at 12am

Remember to include fluids (coffee, juice, water).

### NUTRITION LOG:

Time	Food		Food Groups			
	Item	# of Servings	Veg & fruit	Grain & Alt	Protein	Dairy Alt
am						
pm						

Need clarification? Call us at 604 873-2255. We're here to help!