# Nutrition/ Workout Log

PREMIER FITNESS

Name: _____ Week of:_____

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **Meal 1** | Cals | Cals | Cals | Cals | Cals | Cals | Cals |
| **Meal 2** | Cals | Cals | Cals | Cals | Cals | Cals | Cals |
| **Meal 3** | Cals | Cals | Cals | Cals | Cals | Cals | Cals |
| **Meal 4** | Cals | Cals | Cals | Cals | Cals | Cals | Cals |
| **Meal 5** | Cals | Cals | Cals | Cals | Cals | Cals | Cals |
| ***Total Calories:*** | | | | | | | |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| **WORKOUT** | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |