Daily Food Log

DragonflyFitness.net

Date: _____ Su M Tu W Th F Sa

Time	Qty	Food	Calories	Fat
		Total:		

Water (1 cup per circle)

O O O O O O O O O O O O O O O O

1 cup = 8 fluid oz = 0.24 liters

Time	Activity	Minutes

Fold Here

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