

Weekly Food and Exercise Diary

Each day record: What you eat at each meal.
 How many grams of protein, carbs and fat each meal contains
 Cardiovascular exercise information

Please turn this in to Dangerous Curves weekly so that we may help you maximize your training experience.

Monday				Tuesday			
Food				Food			
	What you ate		Protein		What you ate		Protein
Breakfast				Breakfast			
Snack				Snack			
Lunch				Lunch			
Snack				Snack			
Dinner				Dinner			
Snack				Snack			
Other				Other			
Total Grams				Total Grams			
	Protein	Carbs	Fat		Protein	Carbs	Fat
Exercise				Exercise			
Exercise performed	Intensity	Duration	Cal.Burned	Exercise Performed	Intensity	Duration	Cal. Burned
Wednesday				Thursday			
Food				Food			
	What you ate		Protein		What you ate		Protein
Breakfast				Breakfast			
Snack				Snack			
Lunch				Lunch			
Snack				Snack			
Dinner				Dinner			
Snack				Snack			
Other				Other			
Total Grams				Total Grams			
	Protein	Carbs	Fat		Protein	Carbs	Fat
Exercise				Exercise			
Exercise performed	Intensity	Duration	Cal.Burned	Exercise Performed	Intensity	Duration	Cal. Burned

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Friday				Saturday			
Food				Food			
	What you ate		Protein		What you ate		Protein
Breakfast				Breakfast			
Snack				Snack			
Lunch				Lunch			
Snack				Snack			
Dinner				Dinner			
Snack				Snack			
Other				Other			
Total Grams				Total Grams			
	Protein	Carbs	Fat		Protein	Carbs	Fat
Exercise				Exercise			
Exercise performed	Intensity	Duration	Cal. Burned	Exercise Performed	Intensity	Duration	Cal. Burned

Sunday			
Food			
	What you ate		Protein
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Other			
Total Grams			
	Protein	Carbs	Fat
Exercise			
Exercise performed	Intensity	Duration	Cal. Burned

Beans, Great Northern, ½ cup, dry, cooked: 7 protein 0.6 fat 19.1 carbs
Beans, Lima, ½ cup, mature seeds, cooked 7.8 protein 0.6 fat 24.3 carbs
Beef, Chuck roast, 3 oz., braised & drained 25.9 protein 6.0 fat 0 carbs
Beef, Ground, 3 oz., 10% fat, broiled 23.3 protein 9.6 fat 0 carbs
Beef, Round steak, 3 oz., braised & drained 26.6 protein 5.2 fat 0 carbs
Chicken: 3 ounces light meat, skinned & roasted: 26.6 protein, 2.9 fat, 0 carbs
Egg, whole 6.5 protein 5.8 fat 0.5 carbs
Egg, white 3.6 protein Trace fat 0.3 carbs
Fish, Halibut, 3 oz., broiled 21.1 protein 5.9 fat 0 carbs
Fish, Salmon, 3 oz., broiled 22.7 protein 6.2 fat 0 carbs
Shrimp, ½ pound, fresh, raw 42.8 protein 1.8 fat 3.5 carbs
Tuna: 6.5 ounce canned in water: 51.5 protein, 1.5 fat, 0 carbs
Turkey: 3 ounces light meat, skinned & roasted: 28 protein, 3.3 fat, 0 carbs