LIFETIME FITNESS TEST OUT	EXERCISE AND FOOD JOURNAL		
NAME:	STUDENT #:		
DATE:			
MY FOOD JOURNAL			
WITTOOD JOOKNAL			
BREAKFAST	SERVING	CALORIES	
		SUBTOTAL	
MID-MORNING SNACK	SERVING	CALORIES	
		SUBTOTAL	
LUNCH	SERVING	CALORIES	
		SUBTOTAL	
		SOBTOTAL	
MID-AFTERNOON SNACK	SERVING	CALORIES	
	•	SUBTOTAL	
DINNER	SERVING	CALORIES	
		+	
		SUBTOTAL	
EVENING SNACK	SERVING	CALORIES	
		SUBTOTAL	
TOTAL CALOI	RIES FROM FOO	DD	
MY EXERCISE JOURNAL			
ACTIVITY	DURATION	CALORIES	
TOTAL CALORIES FROM EXER	 RCISE		

LIFETIME FITNESS TEST OUT	EXERCISE AND FOOD JOURNAL		
NAME:	STUDENT #:		
DATE:			
MY FOOD JOURNAL			
WITTOOD JOURNAL			
BREAKFAST	SERVING	CALORIES	
		SUBTOTAL	
MID-MORNING SNACK	SERVING	CALORIES	
		SUBTOTAL	
LUNCH	SERVING	CALORIES	
		SUBTOTAL	
MID-AFTERNOON SNACK	SERVING	CALORIES	
MID-AI TERNOON SNACK	SERVING	CALORIES	
		SUBTOTAL	
DINNER	SERVING	CALORIES	
	•	SUBTOTAL	
EVENING SNACK	SERVING	CALORIES	
		SUBTOTAL	
TOTAL CALOR	RIES FROM FOO	DD	
MY EXERCISE JOURNAL			
WI EXERCISE JOURNAL			
ACTIVITY	DURATION	CALORIES	
		_	
TOTAL CALORIES FROM EXER	CISE		