PsyMed, Inc.
education | preparation | motivation

Print Name: _____

Food and Exercise Log

HOUSTON surgical specialists

Meal	Monday _____	Tuesday _____	Wednesday_____	Thursday _____	Friday _____	Saturday _____	Sunday _____
Breakfast							
Lunch							
Dinner							
Snacks/Dessert							
Total Protein (g)							
Water (8oz)	☐☐☐☐☐☐☐ ☐☐☐☐☐☐☐ Total oz.:	☐☐☐☐☐☐☐ ☐☐☐☐☐☐☐ Total oz.:	☐☐☐☐☐☐☐ ☐☐☐☐☐☐☐ Total oz.:	☐☐☐☐☐☐☐ ☐☐☐☐☐☐☐ Total oz.:	☐☐☐☐☐☐☐ ☐☐☐☐☐☐☐ Total oz.:	☐☐☐☐☐☐☐ ☐☐☐☐☐☐☐ Total oz.:	☐☐☐☐☐☐☐ ☐☐☐☐☐☐☐ Total oz.:
Supplements	◊ Multivitamin ◊ Calcium ◊ Vitamin D ◊ Vitamin B 12	◊ Multivitamin ◊ Calcium ◊ Vitamin D ◊ Vitamin B 12	◊ Multivitamin ◊ Calcium ◊ Vitamin D ◊ Vitamin B 12	◊ Multivitamin ◊ Calcium ◊ Vitamin D ◊ Vitamin B 12	◊ Multivitamin ◊ Calcium ◊ Vitamin D ◊ Vitamin B 12	◊ Multivitamin ◊ Calcium ◊ Vitamin D ◊ Vitamin B 12	◊ Multivitamin ◊ Calcium ◊ Vitamin D ◊ Vitamin B 12

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week's Total
Cardio	Type:	Type:	Type:	Type:	Type:	Type:	Type:	
Strength	Area:	Area:	Area:	Area:	Area:	Area:	Area:	
Min/Day								