

filetti fitness

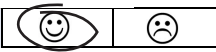
Daily Food Log

Date: 12/10 Su Tu W Th F Sa

Time	Qty	Food
8:30		tall Starbucks chai latte
10:00		NutriGrain bar
12:30		Einstein bagel w/ turkey
3:30		tall Starbucks coffee w/ cream & equal
7:00		chicken on the grill
		-salad
		-bread
8:30		Brownie

Comments: *Didn't really eat breakfast but I did each lunch & dinner*

Did I accomplish my goal?



Water (1 cup per circle)



1 cup = 8 fluid oz = 0.24 liters

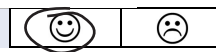
Name: Anne Edwards Goal for the week: To eat lunch every day

Date: 12/11 Su M W Th F Sa

Time	Qty	Food
7:30		Bowl of Raisin Bran - nonfat milk
10:30		Tall Starbucks chai latte
12:30		Chinese chicken salad @ Panera. Diet coke
5:00		Happy Hour. 3 drinks, random appetizers
10:00		Bowl of cereal

Comments:

Did I accomplish my goal?



Water (1 cup per circle)



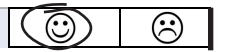
1 cup = 8 fluid oz = 0.24 liters

Date: 12/12 Su M Tu Th F S

Time	Qty	Food
8:00		NutriGrain bar
9:30		Chai latte @ Starbucks and blueberry scone
12:30		Tuna sandwich @ Subway
		bag of Sun Chips
		Diet Coke
4:30		chocolate chip cookie
8:30		Chicken burrito @ Chipotle
10:30		Cheezy-itz

Comments: *Too much junk food. - 3rd day of eating lunch thought! need to go to bed earlier.*

Did I accomplish my goal?



Water (1 cup per circle)



1 cup = 8 fluid oz = 0.24 liters