

MEAL AND MACRO LOG

Use this chart to track your progress.

Sometimes you just need to use a pen and paper to really see what is going on.

I feel so connected to the things I am writing with my hands. Holding the pen and feeling the paper underneath. I love apps. I use them every day. But sometimes, to get down to the nitty gritty, you have to feel it.

- This chart is to help you see what and when you eat on a consistent basis.
- Write in the date.
- Approximate the time of each meal or snack and write it in next to the number.
 - The more consistent you are eating at the same times each day, the better your chances of making it to your goal. You won't get so hungry that you feel like you need to grab a not so healthy snack.
- Add in a quick description of each meal or snack under 'Food'
- Estimate the amount of macros for each.
 - Read the labels of products and weigh out each of the portions or use your best guesstimate on how much you have consumed.
- Add in how many glasses of water you have had throughout the day.

This is for you. Make adjustments when you find patterns that you could improve upon. Try to create good habits and consistent timing on meals to help make it to your goals.

An example of mine from 2016. I just opened to a page and picked the first one I saw. At this time I wasn't too concerned with fats or carbs. I was learning how to count and just stuck with watching my calories and protein. I was drinking a gallon of water a day and trying to eat consistently.

Do what you feel comfortable with. Estimate when you are not sure to the best of your knowledge. If you really want to dig deep, buy a food scale and weigh everything you eat.

Date: April 12, 2016

	Time	Food	Calories	Protein	Carbs	Fat	Water
1	8:00	Protein Powder	122	22	-	-	
2	10:15	3 Eggs, Cream of Wheat	310	21	-	-	32 oz
3	2:15	Veg Burger, Deli Turkey, Broccoli and Asparagus	230	26	-	-	32 oz
4	4:15	Quest Bar	190	21	-	-	
5	5:15	Ribs, Sweet Potato, Salad	376	25	-	-	32 oz
6	10:15	Protein Powder	122	22	-	-	32 oz
	Totals		1428	137			128

Date: _____

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1							
2							
3							
4							
5							
6							
	Totals						

Date: _____

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	Totals						

Date: _____

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