

My Daily Dairy



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The Importance of a Daily food diary.



A daily food diary is a powerful tool for coaches to help you reach your goals efficiently. It goes beyond the scale, providing insights into your body composition. By tracking your food and beverage intake, we can teach you how different choices affect your progress and make informed adjustments. Without a diary, it's challenging to pinpoint what's working and what's not. In essence, the food diary is your key to consistent and informed progress. It allows us to tailor our guidance based on your unique responses to different foods and habits. So, please remember to fill out your diary diligently—it's an essential part of your journey towards your health and fitness goals!



My Daily Diary

Date: _____

Day: _____



Breakfast

Protein
Beverage/coffee/tea

Dinner

Protein
Vegetable
Beverage

Supplements

Exercise

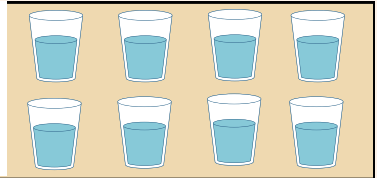
Lunch

Protein
Vegetable
Beverage

Supplements

Snack

Protein



How Did I feel today? & Notes

	Perfect
	Fair
	Badly

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Breakfast

Protein
Beverage/coffee/tea

Dinner

Protein
Vegetable
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Supplements

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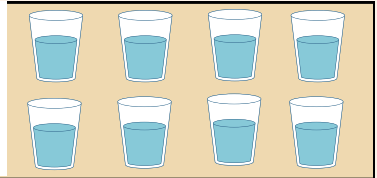
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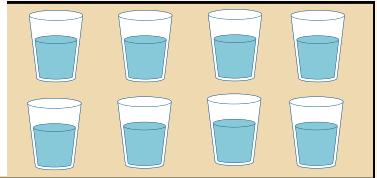
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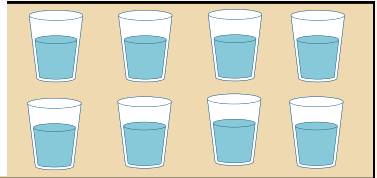
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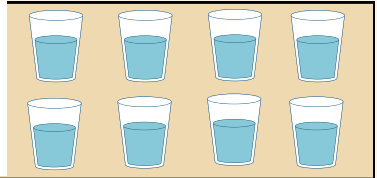
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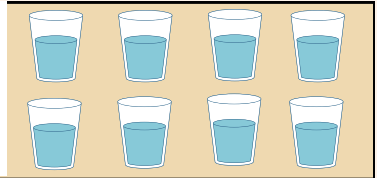
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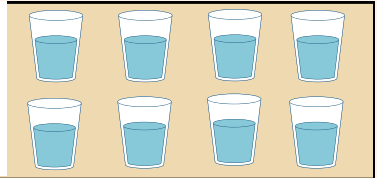
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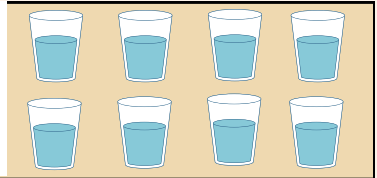
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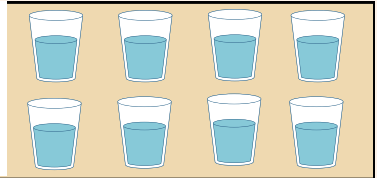
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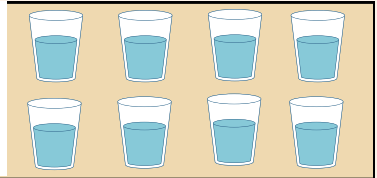
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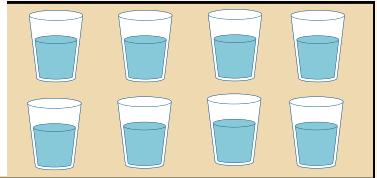
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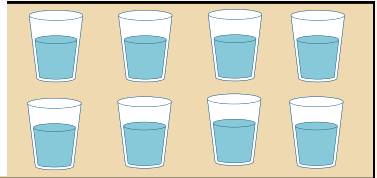
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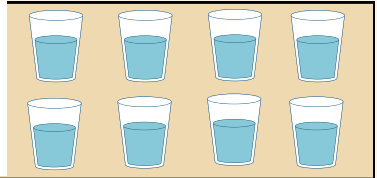
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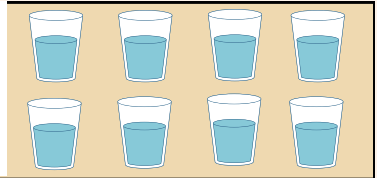
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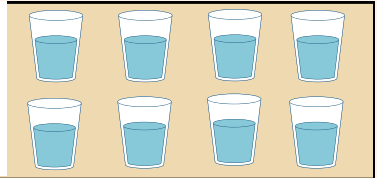
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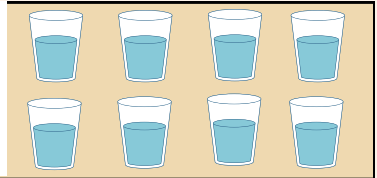
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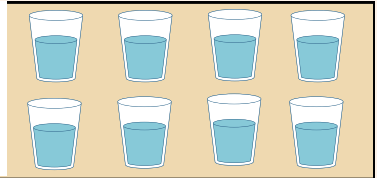
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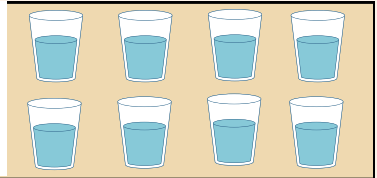
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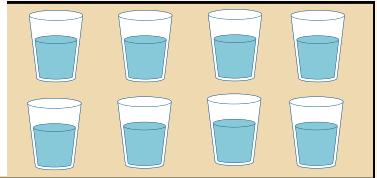
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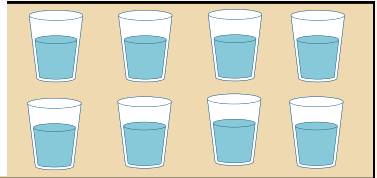
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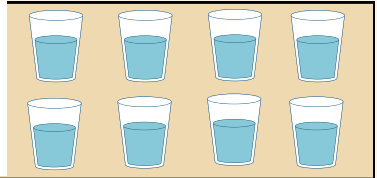
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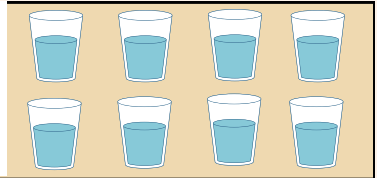
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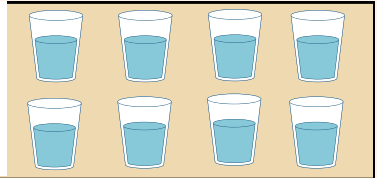
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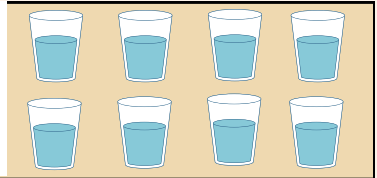
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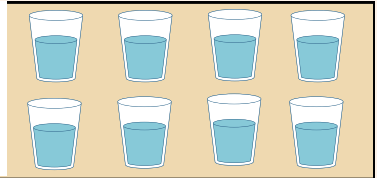
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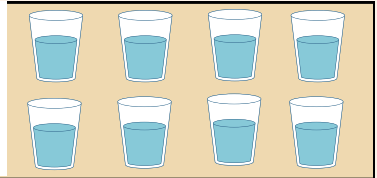
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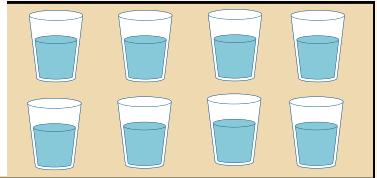
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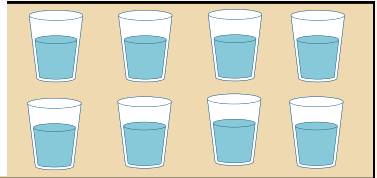
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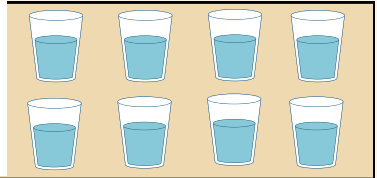
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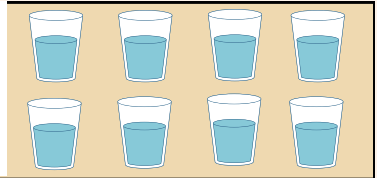
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*working together to
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Melita Crutcher
407-252-5556



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