



ULTIMATE FITNESS QUEST
DAILY JOURNAL

Eat your first meal within an hour upon waking. Subsequent meals should be eaten every 3-4 hours.

Meal #1 Time:	Meal #2 Time:	Meal #3 Time:
Protein:	Protein:	Protein:
Fat:	Fat:	Fat:
Carbohydrate:	Carbohydrate:	Carbohydrate:
Meal #4 Time:	Meal #5 Time:	Meal #6 Time:
Protein:	Protein:	Protein:
Fat:	Fat:	Fat:
Carbohydrate:	Carbohydrate:	Carbohydrate:
Water: Drink at least ½ your weight in ounces.	Supplements:	Other:
	Multi-Vitamin: Omega 3: Other:	

Cardiovascular:	Resistance Training: Exercise, # Reps & Weight	Other Exercise:
Type:	#1	Type:
Duration:	#2	
Distance:	#3	Duration:
Intensity:	#4	
	#5	
	#6	