



VITALITY
FITNESS



PERFORMANCE

LOG

Date _____

Today's Goal _____

Time	Food and Beverage	Supplements	Cals

	Total											
Water	1	2	3	4	5	6	7	8	9	10	11	12

8 oz servings

Anaerobic Activity

Time _____ Duration _____ Type _____

Intensity	1	2	3	4	5	6	7	8	9	10	11	12
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Aerobic Activity

Time _____ Duration _____ Type _____

Intensity	1	2	3	4	5	6	7	8	9	10	11	12
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