The Food Cop: Nutrition Guide and Workbook (Worksheet)

Is there something you wish to keep track of that isn't included on this worksheet? If so, use the last column to do this.
For more worksheets, go to www.thefoodcop.com/workbooksupplement.

Date: _____			Weight: _____			Body Fat %: _____			
Meal Time	**Food Item / Amount Consumed**	**Calories**	**Protein (grams)**	**Carbs (grams)**	**Sat. Fat (grams)**	**Sodium (mg)**	**Choles-terol (mg)**	**Fiber (grams)**	**_____**
TOTAL:									

I exercised _____ minutes today.