Name:
Date:

PACIFIC ELITE FITNESS
pacificfit.net

Pacific Elite Fitness Combined Diet and Exercise Log			
Diet Log			**Exercise Description**
Food Description: Be as specific as possible, including brands when applicable. Include water and supplements.	**Time of Day:**	**Energy & Hunger:** Include notes about how your body felt. Include waketime & bedtime.	**Strength/Cardio/Other:** include workout description, heart rate data or approximate intensity, sets, reps, time of day, and length.