

NUTRITION & ACTIVITY TRACKER

Fitwomenafter40.com / Yourmenopausejourney.com

Name:

Age:

Weight:

Height:

| Training or energy consuming activity: | Time | | Overview of the day & nutrition | Drinks summary | Supplements / ongoing medical treatment | Comments (day/phase of the cycle if the case, symptoms) |
|---|-------|--|---|--|---|---|
| <p>Jogging, dancing, fast walking, resistance training, flexibility, pilates, salsa etc. (exercising and movement of any kind ☺)</p> <p>Please also mention any activity which involves a lot of walking (i.e. visiting an exhibition, walking for hours in Ikea, playing with (or running after!) kids).</p> <p>State time and duration.</p> <p>If you track your steps and fitness activities, please include data (steps number and activities estimated calories)</p> | 7h00 | | Woke up | <p>2l water 1 glass of wine 2 coffees with milk/sugar etc.</p> | | |
| | 7h30 | | Breakfast* | | | |
| | 8h00 | 8h15 | Walked to work (approx. 2km) | | | |
| | 8h15 | 12h30 | Office work | | | |
| | 11h00 | | Snack* | | | |
| | 12h30 | 13h15 | Lunch* / gym / shopping etc. | | | |
| | 13h30 | 17h00 | Office work | | | |
| | 13h50 | | Snack* | | | |
| | 17h30 | 19h00 | Picked-up de kids, played, prepared dinner etc. | | | |
| | 19h00 | | Dinner* | | | |
| 21h30 | | TV / put the kids to bed/ reading/ quick stretching etc | | | | |
| 23h00 | | <p>Went to bed.</p> <p>* With as many details about how the food was cooked (grilled, boiled etc), if sauce was added and what kind, if you ate bread and what kind (white, cereal etc), if you had desert (and how many ;)), the food or ingredients quantities etc.</p> <p>** If you booked a session/call to have my feedback: while you fill in this journal, please keep your nutrition in a... business-as-usual scenario, don't make any special efforts.</p> | | | | |

| Training or energy consuming activity: | Time | | Overview of the day & nutrition | Drinks summary | Supplements / ongoing medical treatment | Comments |
|--|-------|--|---------------------------------|----------------|---|----------|
| | 7h00 | | | | | |
| | 7h30 | | | | | |
| | 8h00 | | | | | |
| | 8h30 | | | | | |
| | 11h00 | | | | | |
| | 12h00 | | | | | |
| | 13h30 | | | | | |
| | 15h00 | | | | | |
| | 17h00 | | | | | |
| | 19h00 | | | | | |
| | 21h30 | | | | | |
| | 23h00 | | | | | |