



BOOTCAMP ★★★TULSA★★★

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EMPOWERING WOMEN

in Fitness, Nutrition & Life

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Food Log

*Please use this to track your eating. If you need to, print it out and keep it with you. It is VITAL to know exactly what you are eating so we can help you make changes

*You need to keep accurate records of everything

*Food log is important for you to keep, it will also help us trouble shoot any areas where you need help

*Be as detailed as possible, literally record everything that goes into your mouth

www.BootcampTulsa.com

Nutrition Log (Week 1)

NAME: _____

| Date | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--------|---------|-----------|----------|--------|
| Breakfast Time: | | | | | |
| Snack 1 Time: | | | | | |
| Lunch Time: | | | | | |
| Snack 2 Time: | | | | | |
| Dinner Time: | | | | | |
| Snack 3 Time: | | | | | |

NOTES:

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Nutrition Log (Week 2)

NAME: _____

| Date | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--------|---------|-----------|----------|--------|
| Breakfast Time: | | | | | |
| Snack 1 Time: | | | | | |
| Lunch Time: | | | | | |
| Snack 2 Time: | | | | | |
| Dinner Time: | | | | | |
| Snack 3 Time: | | | | | |

NOTES:

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Nutrition Log (Week 3)

NAME: _____

| Date | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--------|---------|-----------|----------|--------|
| Breakfast Time: | | | | | |
| Snack 1 Time: | | | | | |
| Lunch Time: | | | | | |
| Snack 2 Time: | | | | | |
| Dinner Time: | | | | | |
| Snack 3 Time: | | | | | |

NOTES:

Nutrition Log (Week 4)

NAME: _____

| Date | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---------------|----------------|------------------|-----------------|---------------|
| Breakfast Time: | | | | | |
| Snack 1 Time: | | | | | |
| Lunch Time: | | | | | |
| Snack 2 Time: | | | | | |
| Dinner Time: | | | | | |
| Snack 3 Time: | | | | | |

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