

My Daily Journal

Date _____

Food Diary		
Meal	Foods I Ate or Drank	Ideal Protein Diet Food
Breakfast		
Lunch		
Dinner		
Snack		



Water Intake

8oz 8oz 8oz 8oz 8oz 8oz 8oz
 8oz 8oz 8oz



Multi-Vita

1 2



Potassium / Calcium

1



Omega III

1 2 3

Cal-Mag

1 2 3 4

Anti-Oxy

1 2

Enzymes

1 2 3 4



Exercise

Duration

Rating on how well I did today
(10 is high)

(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Note: Anti-Oxy, Omega III & Enzymes are not a compulsory part of the Ideal Protein protocol however they are strongly recommended.

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