Week 3: Nutrition and water intake Feb 4th- 10th. Journals are due by February 12th.

Once you have complete three days of nutrition tracking, turn your log into the front desk at HC53 or SHARC. You could even take a photo of the pages and email them.

	Day Pood											(Get Fit Hillsboro Food Journal																			
Subtotal															DayFood	Subtotal	_														3	Day
															Calories																	Calories
															Fat																,	Fat
															Protein																	Protein
															Carbs																	Carbs
															Water																	Water



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											Food
Sub											
Subtotal											
											Calories
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											Protein
											Carbs
											Water