

Daily Food Log

Client Name _____
Date: _____



**DREW
DINWIDDIE**
Personal Training | RE-DEFINE Your Body

Eat as soon as you wake-up. This jump starts your metabolism!

5:00 AM	
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	<i>Try to avoid eating carbohydrates after 8 PM. It makes a difference!</i>
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

FEEL FREE TO CALL ME WITH ANY FOOD QUESTIONS!

404.819.9830 www.ddpt.com drew@ddpt.com

