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## EVERYDAY NUTRITION

### ENERGY JOURNAL

DATE \_\_\_\_\_

#### DAILY GOAL

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### SLEEP



BED TIME \_\_\_\_\_



AWAKENING \_\_\_\_\_

#### EXERCISE

ACTIVITY/DURATION \_\_\_\_\_

#### MEALS

*You should have four hours between each meal and your snack.  
Be sure to include protein.*



TIME \_\_\_\_\_ BREAKFAST \_\_\_\_\_

TIME \_\_\_\_\_ LUNCH \_\_\_\_\_

TIME \_\_\_\_\_ AFTERNOON SNACK \_\_\_\_\_

TIME \_\_\_\_\_ DINNER \_\_\_\_\_

TIME \_\_\_\_\_ BED TIME \_\_\_\_\_



GLASSES OF WATER \_\_\_\_\_



ALCOHOL \_\_\_\_\_