DAILY LOG - TO RECORD THINGS ON A DAILY BASIS

WEIGHT	WEATHER	LOCATION	DATE:
	A.M.	A.M.	
	NOON	NOON	PH #
	P.M.	P.M.	
SL	EEP	FRUIT VEG	GRAIN MEAT LIQUID
12:00 A.M.			
1:00 A.M.			
2:00 A.M.			
3:00 A.M.			
4.00 A.M.			
5:00 A.M.			
6:00 A.M.			
7:00 A.M.			
8:00 A.M.			
9:00 A.M.			
10:00 A.M.			
11:00 A.M.			
12 NOON			
1:00 P.M. 2:00 P.M.			
3:00 P.M.			
4:00 P.M.			
5:00 P.M.			
6:00 P.M.			
7:00 P.M.			
8:00 P.M.			
9:00 P.M.			
10:00 P.M.			
11:00 P.M.			
12:00 A.M.			