



NutriMirror™

Use this handy form to keep track of what you eat for later entry into your NutriMirror™ food log.

DAY 1 _____

Breakfast	Lunch	Dinner	Snacks
Exercise			

DAY 2 _____

Breakfast	Lunch	Dinner	Snacks
Exercise			

DAY 3 _____

Breakfast	Lunch	Dinner	Snacks
Exercise			