




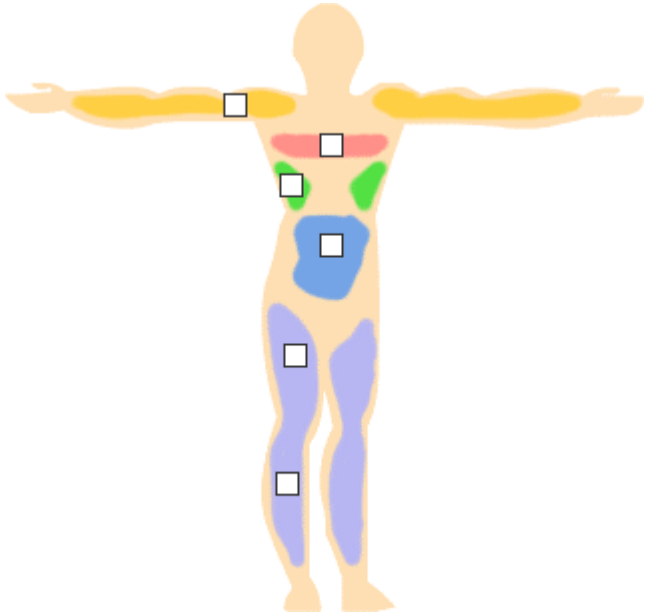


Fitness Folio

Date:

Breakfast		<p>Water</p>     <p>Vitamins</p> 
<input type="text"/>	<input type="text"/>	
<input type="text"/>	<input type="text"/>	
Lunch		
<input type="text"/>	<input type="text"/>	
<input type="text"/>	<input type="text"/>	
Dinner		
<input type="text"/>	<input type="text"/>	
<input type="text"/>	<input type="text"/>	
Snacks		
<input type="text"/>	<input type="text"/>	
<input type="text"/>	<input type="text"/>	
	Exercise Details	
	<input type="text"/>	
	<input type="text"/>	
	<input type="text"/>	
	<input type="text"/>	
	<input type="text"/>	
Weight		Morning
<input type="text"/>		Evening
<input type="text"/>		<input type="text"/>
Notes		<input type="text"/>
<input type="text"/>		<input type="text"/>
<input type="text"/>		<input type="text"/>

The Fitness Folio is a multi-use chart that you can use to track your daily nutrition, water/vitamin intake, exercise, and weight.