Daily Health Plan

SUNDAY MONDAY TUESDAY WEDNESDAY
THURSDAY FRIDAY SATURDAY

DATE:_____

Daily Mean Plan

BREAKFAST

_____

_____ TOTAL CALORIES:_____

LUNCH

_____

_____ TOTAL CALORIES:_____

DINNER

_____

_____ TOTAL CALORIES:_____

SNACK

_____

_____ TOTAL CALORIES:_____

Goals for the Week

SUNDAY:
MONDAY:
TUESDAY:
WEDNESDAY:
THURSDAY:
FRIDAY:
SATURDAY:

Workout for the Week

SUNDAY:
MONDAY:
TUESDAY:
WEDNESDAY:
THURSDAY:
FRIDAY:
SATURDAY:

Did you hit your goal? If so, Reward Yourself!

Shopping List

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____