

Meal Plan for Week _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Ounces of Water							

Workout Schedule for Week _____

	Monday ✓	Tuesday ✓	Wednesday ✓	Thursday ✓	Friday ✓	Saturday ✓	Sunday ✓
Workout #1 30 Min							
Workout #2 30 Min.							

Goals for the week _____

Areas of Improvement/Thoughts for next Week _____
