

My Goal for the Week is _____

Day One	Day Two	Day Three	Day Four
Breakfast	Breakfast	Breakfast	Breakfast
Snack	Snack	Snack	Snack
Lunch	Lunch	Lunch	Lunch
Snack	Snack	Snack	Snack
Dinner	Dinner	Dinner	Dinner
Snack	Snack	Snack	Snack
Water – 8oz 1 2 3 4 5 6	Water – 8oz 1 2 3 4 5 6	Water – 8oz 1 2 3 4 5 6	Water – 8oz 1 2 3 4 5 6

Day Five	Day Six	Day Seven	Exercise Plan
Breakfast	Breakfast	Breakfast	
Snack	Snack	Snack	
Lunch	Lunch	Lunch	
Snack	Snack	Snack	
Dinner	Dinner	Dinner	
Snack	Snack	Snack	
Water – 8oz 1 2 3 4 5 6	Water – 8oz 1 2 3 4 5 6	Water – 8oz 1 2 3 4 5 6	