

WEEK OF: ___/___/___

Weight: _____

GOAL for the WEEK:

[SAMPLE GOAL: Protein at each meal]

	BREAKFAST	LUNCH	DINNER	SNACKS	ACTIVITY
SAMPLE	Time: 7am 2-boiled eggs, 3 strips of turkey bacon, 1 slice of rye toast with buttery spread Drink: 8 oz. herbal tea	Time: 12.30pm Tuna wrap (whole wheat), pear, and cheese stick Drink: 8 oz. water & diet Snapple	Time: 6pm Salad with steak strips Tomato, Feta, carrots, red peppers, mushrooms & balsamic dressing Drink: 8 oz. water (x 2)	Time: 10am 4 oz. Lite Yogurt Time: 3pm Cheese stick	Time: 5.30am Walked 30 minutes Time: 7pm Walked 30 minutes
SUNDAY	Time:	Time:	Time:	Time:	
MONDAY	Time:	Time:	Time:	Time:	
TUESDAY	Time:	Time:	Time:	Time:	

WED	Time:	Time:	Time:	Time:	
THUR	Time:	Time:	Time:	Time:	
FRIDAY	Time:	Time:	Time:	Time:	
SATURDAY	Time:	Time:	Time:	Time:	

GOAL MET? YES/NO Comments: _____