# Daily Progress Tracker 

Monday Date and Your Name：

MONDAY

FOOD
Did I only eat food outlined in the meal plan？
〇yes 〇No

EXERCISE
Did I achieve my 12，000 steps or equiv．exercise？
〇YES $\bigcirc$ NO

What can I improve tomorrow？

## TUESDAY

## FOOD

Did I only eat food outlined in the meal plan？


## EXERCISE

Did I achieve my 12，000 steps or equiv．exercise？


What can I improve tomorrow？

## FOOD

Did I only eat food outlined in the meal plan？


〇YES $\bigcirc N O$

## WEDNESDAY

## EXERCISE

Did I achieve my 12，000 steps or equiv．exercise？


What can I improve tomorrow？

## FOOD

Did I only eat food outlined in the meal plan？


What can I improve tomorrow？

## THURSDAY

## EXERCISE

Did I achieve my 12，000 steps or equiv．exercise？


## FOOD

Did I only eat food outlined in the meal plan？
〇yes 〇no

## FRIDAY

## EXERCISE

Did I achieve my 12，000 steps or equiv．exercise？

$$
\text { 〇YES } \bigcirc N O
$$

What can I improve tomorrow？

## SATURDAY

## FOOD

Did I only eat food outlined in the meal plan？


## EXERCISE

Did I achieve my 12，000 steps or equiv．exercise？


What can I improve tomorrow？

## SUNDAY

FOOD
Did I only eat food outlined in the meal plan？


## EXERCISE

Did I achieve my 12，000 steps or equiv．exercise？
〇YES $\bigcirc$ NO

What can I improve tomorrow？

WATER
Morning Warm Lemon $\square$ Water 层目目白目目 Evening Cinnamon $\square$

WATER
Morning Warm Lemon $\square$ Water 白 目 目 目 目 Evening Cinnamon $\square$

## WATER

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