

# Daily Progress Tracker

Monday Date and Your Name:

## MONDAY

### FOOD

Did I only eat food outlined in the meal plan?

YES  NO

What can I improve tomorrow?

### EXERCISE

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

YES  NO

### WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

## TUESDAY

### FOOD

Did I only eat food outlined in the meal plan?

YES  NO

What can I improve tomorrow?

### EXERCISE

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

YES  NO

### WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

## WEDNESDAY

### FOOD

Did I only eat food outlined in the meal plan?

YES  NO

What can I improve tomorrow?

### EXERCISE

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

YES  NO

### WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

## THURSDAY

### FOOD

Did I only eat food outlined in the meal plan?

YES  NO

What can I improve tomorrow?

### EXERCISE

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

YES  NO

### WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

## FRIDAY

### FOOD

Did I only eat food outlined in the meal plan?

YES  NO

What can I improve tomorrow?

### EXERCISE

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

YES  NO

### WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

## SATURDAY

### FOOD

Did I only eat food outlined in the meal plan?

YES  NO

What can I improve tomorrow?

### EXERCISE

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

YES  NO

### WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 

## SUNDAY

### FOOD

Did I only eat food outlined in the meal plan?

YES  NO

What can I improve tomorrow?

### EXERCISE

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

YES  NO

### WATER

Morning Warm Lemon 

Water       

Evening Cinnamon 