Daily Progress Tracker

Monday Date and Your Name: **MONDAY FOOD EXERCISE** WATER Did I only eat food outlined in the meal plan? Did I achieve my 12,000 steps or equiv. exercise? Morning Warm Lemon | YES □ NO YES □ NO What can I improve tomorrow? Evening Cinnamon **TUESDAY** FOOD EXERCISE WATER Did I only eat food outlined in the meal plan? Did I achieve my 12,000 steps or equiv. exercise? Morning Warm Lemon 🗟 YES NO YES ON Water **6 6 6 6 6 6 6** What can I improve tomorrow? Evening Cinnamon **WEDNESDAY** WATER EXERCISE FOOD Did I only eat food outlined in the meal plan? Did I achieve my 12,000 steps or equiv. exercise? Morning Warm Lemon | | YES YES NO Water **8 8 8 8 8 8** What can I improve tomorrow? Evening Cinnamon **THURSDAY** EXERCISE FOOD WATER Did I only eat food outlined in the meal plan? Did I achieve my 12,000 steps or equiv. exercise? Morning Warm Lemon | YES NO ()YES () NO What can I improve tomorrow? Evening Cinnamon **FRIDAY** EXERCISE **FOOD** WATER Did I only eat food outlined in the meal plan? Did I achieve my 12,000 steps or equiv. exercise? Morning Warm Lemon 🗟 YES ☐ NO YES NO Water **8 8 8 8 8 8 8 8** What can I improve tomorrow? Evening Cinnamon **SATURDAY** FOOD EXERCISE **WATER** Did I only eat food outlined in the meal plan? Did I achieve my 12,000 steps or equiv. exercise? Morning Warm Lemon 🗟 MYES. ON [YES NO [Water P P P P P P P What can I improve tomorrow? Evening Cinnamon 🗟 **SUNDAY EXERCISE** WATER FOOD Did I only eat food outlined in the meal plan? Did I achieve my 12,000 steps or equiv. exercise? Morning Warm Lemon 🗟 YES NO YES ON Water **8 8 8 8 8 8** What can I improve tomorrow? Evening Cinnamon