

Weekly Meal Planner

Monday Date and Your Name:

M O N	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

T U E S	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

W E D	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

T H U R S	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

F R I	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

S A T	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

S U N	BREAKFAST	_____
	SNACK	_____
	LUNCH	_____
	SNACK	_____
	DINNER	_____

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 

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 

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 

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 

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 

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 

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 