














|                       |                          |  |   |  |  |
|-----------------------|--------------------------|--|---|--|--|
| Breakfast             |                          |  | Sleep (Hours)   |  | <b>Mood</b><br><br><br><br><br> |
|                       |                          |  | <b>Water Intake</b><br>   <br>    |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       | Total Breakfast Calories |  |   |  |  |
| Lunch                 |                          |  | Exercise  |  | <b>You Are Doing Great!</b><br><br><b>Stay Motivated!</b>  |
|                       |                          |  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
| Total Lunch Calories  |                          |  |   |  |  |
| Dinner                |                          |  | Total Steps   |  | <b>You Are Doing Great!</b><br><br><b>Stay Motivated!</b>  |
|                       |                          |  |   |  |  |
|                       |                          |  | Total Minutes   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  | Calories Burned   |  |  |
|                       |                          |  |   |  |  |
| Total Dinner Calories |                          |  |   |  |  |
| Snacks                |                          |  | Daily Goal Calories *   |  | <b>Notes</b><br><hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>  |
|                       |                          |  |   |  |  |
|                       |                          |  | Goal Calories Adjusted For Exercise *   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
| Total Snack Calories  |                          |  |   |  |  |
| Today's Goals         |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |
|                       |                          |  |   |  |  |

\* Note: You will update your Basil Metabolic Rate, and Daily Caloric Goal at the end of Week 3.