

MONDAY

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	☐ ☐ ☐ ☐ ☐ ☐ ☐
D	_____		
CALORIES IN		CALORIES OUT	

TUESDAY

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	☐ ☐ ☐ ☐ ☐ ☐ ☐
D	_____		
CALORIES IN		CALORIES OUT	

WEDNESDAY

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	☐ ☐ ☐ ☐ ☐ ☐ ☐
D	_____		
CALORIES IN		CALORIES OUT	

THURSDAY

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	☐ ☐ ☐ ☐ ☐ ☐ ☐
D	_____		
CALORIES IN		CALORIES OUT	

FRIDAY

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	☐ ☐ ☐ ☐ ☐ ☐ ☐
D	_____		
CALORIES IN		CALORIES OUT	

SATURDAY

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	☐ ☐ ☐ ☐ ☐ ☐ ☐
D	_____		
CALORIES IN		CALORIES OUT	

SUNDAY

MEALS		WORKOUT	
B	_____	STRENGTH	_____
L	_____	CARDIO	_____
S	_____	WATER	☐ ☐ ☐ ☐ ☐ ☐ ☐
D	_____		
CALORIES IN		CALORIES OUT	

NOTES

