

DATE: \_\_\_/\_\_\_/\_\_\_

A HEALTHIER ME  
**FITNESS *Planner***

MONDAY		TUESDAY	
FOOD	ACTIVITY	FOOD	ACTIVITY
B _____ L _____ D _____ S _____	TYPE: _____ DURATION: _____ 	B _____ L _____ D _____ S _____	TYPE: _____ DURATION: _____ 
WEDNESDAY		THURSDAY	
FOOD	ACTIVITY	FOOD	ACTIVITY
B _____ L _____ D _____ S _____	TYPE: _____ DURATION: _____ 	B _____ L _____ D _____ S _____	TYPE: _____ DURATION: _____ 
FRIDAY		SATURDAY	
FOOD	ACTIVITY	FOOD	ACTIVITY
B _____ L _____ D _____ S _____	TYPE: _____ DURATION: _____ 	B _____ L _____ D _____ S _____	TYPE: _____ DURATION: _____ 
SUNDAY		HEALTH GOALS	
FOOD	ACTIVITY	1. _____ 2. _____ 3. _____ 4. _____ 5. _____	
B <small>BREAKFAST</small> L <small>LUNCH</small> D <small>DINNER</small> S <small>SNACKS</small>	TYPE: _____ DURATION: _____ 		