



TRACKING YOUR WAY THROUGH THE 2013 HOLIDAY SEASON

WWW.THE WAY TO HEALTHY LIVING.NET

SUN. _____ 2013		
Meal	Items Eaten	Est. Calories
Breakfast		
AM Snack		
Lunch		
PM Snack		
Dinner		
Beverages		
Estimated Caloric Intake		

MON. _____ 2013		
Meal	Items Eaten	Est. Calories
Breakfast		
AM Snack		
Lunch		
PM Snack		
Dinner		
Beverages		
Estimated Caloric Intake		

TUES. _____ 2013		
Meal	Items Eaten	Est. Calories
Breakfast		
AM Snack		
Lunch		
PM Snack		
Dinner		
Beverages		
Estimated Caloric Intake		

WED. _____ 2013		
Meal	Items Eaten	Est. Calories
Breakfast		
AM Snack		
Lunch		
PM Snack		
Dinner		
Beverages		
Estimated Caloric Intake		

Water	6) 8oz Srvs
Sleep	7-8 Hrs
Exercise	30 Min.
Reflection	

Water	6) 8oz Srvs
Sleep	7-8 Hrs
Exercise	30 Min.
Reflection	

Water	6) 8oz Srvs
Sleep	7-8 Hrs
Exercise	30 Min.
Reflection	

Water	6) 8oz Srvs
Sleep	7-8 Hrs
Exercise	30 Min.
Reflection	





TRACKING YOUR WAY THROUGH THE 2013 HOLIDAY SEASON

WWW.THEWAYTOHEALTHYLIVING.NET

THURS. _____ 2013

FRI. _____ 2013

SAT. _____ 2013

Week _____ 2013

Meal	Items Eaten	Est. Calories
Breakfast		
AM Snack		
Lunch		
PM Snack		
Dinner		
Beverages		
Estimated Caloric Intake		

Meal	Items Eaten	Est. Calories
Breakfast		
AM Snack		
Lunch		
PM Snack		
Dinner		
Beverages		
Estimated Caloric Intake		

Meal	Items Eaten	Est. Calories
Breakfast		
AM Snack		
Lunch		
PM Snack		
Dinner		
Beverages		
Estimated Caloric Intake		

Next Week's Planner	
	Dairy
	Fish/Meats
	Vegetables
	Fruits
	Dairy
	Breads
	Snacks
	Goals

Water		6) 8oz Srvs
Sleep		7-8 Hrs
Exercise		30 Min.
Reflection		

Water		6) 8oz Srvs
Sleep		7-8 Hrs
Exercise		30 Min.
Reflection		

Water		6) 8oz Srvs
Sleep		7-8 Hrs
Exercise		30 Min.
Reflection		

