

# The WAY to TRACK your WEEK

Visit [www.TheWAYtoHealthyLiving.net](http://www.TheWAYtoHealthyLiving.net) for guidance and inspiration

SUN.

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

MON.




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




TUES.




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




WED.

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	

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Reflection	

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THURS. \_\_\_\_\_

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

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




FRI. \_\_\_\_\_

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

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

SAT. \_\_\_\_\_

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

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

Week \_\_\_\_\_

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