GOALS FOR THE WEEK

CARB GOAL _____ **PROTEIN GOAL** _____

1. _____

2. _____

3. _____

4. _____

5. _____

TOTALS		M	T	W	TH	F	S	S
DAILY	Carbs / Protein							
WEEKLY TOTAL	Carbs / Protein							
DAILY AVG.	Carbs / Protein							
#1								
#2								
#3								
#4								
#5								

DAY: _____ DATE: _____ WT: _____

TIME	FOOD	CARB	PROT	FAT	CAL
TOTAL					

WATER (8 oz.) 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 TOTAL _____

VITAMINS: ☐ YES ☐ NO

CARDIO: ☐ BIKE ☐ WALK ☐ RUN ☐ ELLIPTICAL ☐ SWIM

RESISTANCE TRAINING: ☐ LEGS ☐ BACK ☐ CHEST ☐ SHOULDERS ☐ BICEPS ☐ TRICEPS

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