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GOAL PLANNING

date...../...../.....

THIS WEEK, I COMMIT TO:

1

M T W T F S S

2

M T W T F S S

3

M T W T F S S

4

M T W T F S S

5

M T W T F S S

6

M T W T F S S

WEEKLY ASSESSMENT: WEIGHT:

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28

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FOOD JOURNAL

date...../...../.....

water ☐☐☐☐☐☐ WHOLE GRAINS Y / N MILK ☐☐ OIL ☐☐

FRUIT ☐☐ VEG ☐☐☐☐☐ PROTEIN ☐☐ VIT ☐☐

DESCRIPTION	TIME	+/-	BALANCE	FF

HUNGER TRACKER
TIME

FULL																	
SATISFIED																	
HUNGRY																	

DAILY PERFORMANCE

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FOOD JOURNAL

date...../...../.....

water ☐☐☐☐☐☐ WHOLE GRAINS Y / N MILK ☐☐ OIL ☐☐

FRUIT ☐☐ VEG ☐☐☐☐☐ PROTEIN ☐☐ VIT ☐☐

DESCRIPTION	TIME	+/-	BALANCE	FF

HUNGER TRACKER
TIME

FULL																	
SATISFIED																	
HUNGRY																	

DAILY PERFORMANCE

FOOD JOURNAL date

water ☐☐☐☐☐☐ whole grains Y / N milk ☐☐ oil ☐☐

fruit ☐☐ veg ☐☐☐☐☐☐ protein ☐☐ vit ☐☐

description	time	+/-	balance	FF

HUNGER TRACKER

time																	
FULL																	
SATISFIED																	
HUNGRY																	

DAILY PERFORMANCE

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FOOD JOURNAL date

water ☐☐☐☐☐☐ whole grains Y / N milk ☐☐ oil ☐☐

fruit ☐☐ veg ☐☐☐☐☐☐ protein ☐☐ vit ☐☐

description	time	+/-	balance	FF

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DAILY PERFORMANCE

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FOOD JOURNAL date

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description	time	+/-	balance	FF

HUNGER TRACKER

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FULL																	
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HUNGRY																	

DAILY PERFORMANCE

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