THIS WEEK, I COMMIT TO: date ...../...../.....

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:

WEEKLY ACTIVITY TRACKER:

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

FOOD JOURNAL MONDAY date ...../...../.....

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

FRUIT ☐☐ VEGETABLE ☐☐☐☐☐ PROTEIN ☐☐ VIT ☐☐

DESCRIPTION	TIME	+/-	BALANCE	FF

HUNGER TRACKER

TIME

FULL																		
SATISFIED																		
HUNGRY																		

DAILY PERFORMANCE

FOOD JOURNAL TUESDAY date ...../...../.....

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

FRUIT ☐☐ VEGETABLE ☐☐☐☐☐ PROTEIN ☐☐ VIT ☐☐

DESCRIPTION	TIME	+/-	BALANCE	FF

HUNGER TRACKER

TIME

FULL																		
SATISFIED																		
HUNGRY																		

DAILY PERFORMANCE

FOOD JOURNAL WEDNESDAY date ...../...../.....

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

FRUIT ☐☐ VEGETABLE ☐☐☐☐☐ PROTEIN ☐☐ VIT ☐☐

DESCRIPTION	TIME	+/-	BALANCE	FF

HUNGER TRACKER

TIME

FULL																		
SATISFIED																		
HUNGRY																		

DAILY PERFORMANCE

FOOD JOURNAL THURSDAY DATE ...../...../.....

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

FRUIT ☐☐ VEGETABLE ☐☐☐☐☐ PROTEIN ☐☐ VIT ☐☐

DESCRIPTION	TIME	+/-	BALANCE	FF

HUNGER TRACKER
TIME

FULL																	
SATISFIED																	
HUNGRY																	

DAILY PERFORMANCE

FOOD JOURNAL FRIDAY DATE ...../...../.....

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

FRUIT ☐☐ VEGETABLE ☐☐☐☐☐ PROTEIN ☐☐ VIT ☐☐

DESCRIPTION	TIME	+/-	BALANCE	FF

HUNGER TRACKER
TIME

FULL																	
SATISFIED																	
HUNGRY																	

DAILY PERFORMANCE

FOOD JOURNAL SATURDAY DATE ...../...../.....

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

FRUIT ☐☐ VEGETABLE ☐☐☐☐☐ PROTEIN ☐☐ VIT ☐☐

DESCRIPTION	TIME	+/-	BALANCE	FF

HUNGER TRACKER
TIME

FULL																	
SATISFIED																	
HUNGRY																	

DAILY PERFORMANCE

FOOD JOURNAL SUNDAY DATE ...../...../.....

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

FRUIT ☐☐ VEGETABLE ☐☐☐☐☐ PROTEIN ☐☐ VIT ☐☐

DESCRIPTION	TIME	+/-	BALANCE	FF

HUNGER TRACKER
TIME

FULL																	
SATISFIED																	
HUNGRY																	

DAILY PERFORMANCE