

“YOU CAN’T BEAT THE PERSON WHO DOESN’T QUIT.”

# Day 1

DATE: \_\_\_\_\_

## MY MEAL PLAN

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## MY WORKOUT PLAN

---

CARDIO:

WEIGHTS:

STEPS:

## WHAT I ACTUALLY ATE

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## WHAT I ACTUALLY DID

---

CARDIO:

WEIGHTS:

STEPS:



"YOU CAN'T BEAT THE PERSON WHO DOESN'T QUIT."

# Day 2

DATE: \_\_\_\_\_

## MY MEAL PLAN

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## MY WORKOUT PLAN

---

CARDIO:

WEIGHTS:

STEPS:

## WHAT I ACTUALLY ATE

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## WHAT I ACTUALLY DID

---

CARDIO:

WEIGHTS:

STEPS:



"YOU CAN'T BEAT THE PERSON WHO DOESN'T QUIT."

# Day 3

DATE: \_\_\_\_\_

## MY MEAL PLAN

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## MY WORKOUT PLAN

---

CARDIO:

WEIGHTS:

STEPS:

## WHAT I ACTUALLY ATE

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## WHAT I ACTUALLY DID

---

CARDIO:

WEIGHTS:

STEPS:



"YOU CAN'T BEAT THE PERSON WHO DOESN'T QUIT."

# Day 4

DATE: \_\_\_\_\_

## MY MEAL PLAN

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## MY WORKOUT PLAN

---

CARDIO:

WEIGHTS:

STEPS:

## WHAT I ACTUALLY ATE

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## WHAT I ACTUALLY DID

---

CARDIO:

WEIGHTS:

STEPS:



"YOU CAN'T BEAT THE PERSON WHO DOESN'T QUIT."

# Day 5

DATE: \_\_\_\_\_

## MY MEAL PLAN

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## MY WORKOUT PLAN

---

CARDIO:

WEIGHTS:

STEPS:

## WHAT I ACTUALLY ATE

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## WHAT I ACTUALLY DID

---

CARDIO:

WEIGHTS:

STEPS:



"YOU CAN'T BEAT THE PERSON WHO DOESN'T QUIT."

# Day 6

DATE: \_\_\_\_\_

## MY MEAL PLAN

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## MY WORKOUT PLAN

---

CARDIO:

WEIGHTS:

STEPS:

## WHAT I ACTUALLY ATE

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## WHAT I ACTUALLY DID

---

CARDIO:

WEIGHTS:

STEPS:



"YOU CAN'T BEAT THE PERSON WHO DOESN'T QUIT."

# Day 7

DATE: \_\_\_\_\_

## MY MEAL PLAN

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## MY WORKOUT PLAN

---

CARDIO:

WEIGHTS:

STEPS:

## WHAT I ACTUALLY ATE

---

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

CALORIE TOTAL

## WHAT I ACTUALLY DID

---

CARDIO:

WEIGHTS:

STEPS: