

MEAL PLAN DAY 1

DATE:

	Size of your fist		Don't need to limit	Size of your palm	Size of your thumb	
	STARCHY CARBS and/or SIMPLE CARBS		FIBROUS CARBS	PROTEIN	HEALTHY FAT	RECIPES / OTHER
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

WATER GOAL

☐ Water goal:

EXERCISE & ACTIVITY

☐ Planned exercise routine:

☐ Ways I'll get more active:

MINDSET

- Lessons learned yesterday:
- Top “wins” from yesterday:
- Possible obstacles tomorrow:
- Plan to overcome obstacles:

MEAL PLAN DAY 2

DATE:

	Size of your fist		Don't need to limit	Size of your palm	Size of your thumb	
	STARCHY CARBS and/or SIMPLE CARBS		FIBROUS CARBS	PROTEIN	HEALTHY FAT	RECIPES / OTHER
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

WATER GOAL

☐ Water goal:

EXERCISE & ACTIVITY

☐ Planned exercise routine:

☐ Ways I'll get more active:

MINDSET

- Lessons learned yesterday:
- Top “wins” from yesterday:
- Possible obstacles tomorrow:
- Plan to overcome obstacles:

MEAL PLAN DAY 3

DATE:

	Size of your fist		Don't need to limit	Size of your palm	Size of your thumb	
	STARCHY CARBS and/or SIMPLE CARBS		FIBROUS CARBS	PROTEIN	HEALTHY FAT	RECIPES / OTHER
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

WATER GOAL

☐ Water goal:

EXERCISE & ACTIVITY

☐ Planned exercise routine:

☐ Ways I'll get more active:

MINDSET

- Lessons learned yesterday:
- Top “wins” from yesterday:
- Possible obstacles tomorrow:
- Plan to overcome obstacles:

MEAL PLAN DAY 4

DATE:

	Size of your fist		Don't need to limit	Size of your palm	Size of your thumb	
	STARCHY CARBS and/or SIMPLE CARBS		FIBROUS CARBS	PROTEIN	HEALTHY FAT	RECIPES / OTHER
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

WATER GOAL

☐ Water goal:

EXERCISE & ACTIVITY

☐ Planned exercise routine:

☐ Ways I'll get more active:

MINDSET

- Lessons learned yesterday:
- Top “wins” from yesterday:
- Possible obstacles tomorrow:
- Plan to overcome obstacles:

MEAL PLAN DAY 5

DATE:

	Size of your fist		Don't need to limit	Size of your palm	Size of your thumb	
	STARCHY CARBS and/or SIMPLE CARBS		FIBROUS CARBS	PROTEIN	HEALTHY FAT	RECIPES / OTHER
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

WATER GOAL

☐ Water goal:

EXERCISE & ACTIVITY

☐ Planned exercise routine:

☐ Ways I'll get more active:

MINDSET

- Lessons learned yesterday:
- Top “wins” from yesterday:
- Possible obstacles tomorrow:
- Plan to overcome obstacles:

MEAL PLAN DAY 6

DATE:

	Size of your fist		Don't need to limit	Size of your palm	Size of your thumb	
	STARCHY CARBS and/or SIMPLE CARBS		FIBROUS CARBS	PROTEIN	HEALTHY FAT	RECIPES / OTHER
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

WATER GOAL

☐ Water goal:

EXERCISE & ACTIVITY

☐ Planned exercise routine:

☐ Ways I'll get more active:

MINDSET

- Lessons learned yesterday:
- Top “wins” from yesterday:
- Possible obstacles tomorrow:
- Plan to overcome obstacles:

MEAL PLAN DAY 7

DATE:

	Size of your fist		Don't need to limit	Size of your palm	Size of your thumb	
	STARCHY CARBS and/or SIMPLE CARBS		FIBROUS CARBS	PROTEIN	HEALTHY FAT	RECIPES / OTHER
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

WATER GOAL

☐ Water goal:

EXERCISE & ACTIVITY

☐ Planned exercise routine:

☐ Ways I'll get more active:

MINDSET

- Lessons learned yesterday:

- Top “wins” from yesterday:

- Possible obstacles tomorrow:

- Plan to overcome obstacles: