



Weekly

Meal & Exercise PLANNER

NAME:

WEEK ENDING:

Daily Meal Tracker

DATE:

Su | M | T | W | Th | F | Sa

BREAKFAST

LUNCH

SNACK

DINNER

DESSERT

WATER INTAKE



VEGETABLE CONSUME

FRUIT CONSUME

PROTEIN CONSUME

HEALTHY FATS

Shopping List

DATE:

S u | M | T | W | T h | F | S a

BAKERY

MEAT/FISH

DRINKS

DAIRY

CANNED

FROZEN

PANTRY

FRUITS/VEGGIES

OTHERS

Ingredient List

DATE:

Su | M | T | W | Th | F | Sa

RECIPE	INGREDIENTS

RECIPE	INGREDIENTS

RECIPE	INGREDIENTS

Weekly Meal Plan

DATE :

S u | M | T | W | T h | F | S a

MEAL	BREAKFAST	LUNCH	SNACKS	DINNER	DESSERT
SUN #### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal
MON #### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal
TUE #### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal
WED #### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal
THU #### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal
FRI #### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal
SAT #### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal	[Enter Meal Here] ### kcal

Weekly Workout Plan

DATE :

Su | M | T | W | Th | F | Sa

DAYS	EXERCISE #1	EXERCISE #2	EXERCISE #3	OTHER (MISC)	EST. CALORIE BURN
SUN ## Minutes	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	### kcal
MON Rest Day	REST	REST	REST	REST	REST
TUE ## Minutes	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	### kcal
WED ## Minutes	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	### kcal
THU ## Minutes	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	### kcal
FRI ## Minutes	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	### kcal
SAT ## Minutes	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	##min [ENTER WORKOUT HERE]	### kcal