

	Breakfast	Snack	Lunch	Snack	Dinner	Physical Activity	Water
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Nutrition Goals: For Example: Include 2 cup of veggies at lunch & dinner, or meal plan and prep for the week, or plan to get 8 hours of sleep a night, or pack snacks to fuel with post workout, ect.

Weekly Reflections/Observations: