Date	/	/

	N	Did I	Daily food plan					4 AM		
		Weigh/BF% in AM?	Protein grams:	grams: Carb grams: Fat grams:					5 AM	
		Weign/BF% III Alvir	Protein calories:	Cark	calories:	1	at calories	:	6 000	
_			Morning beverage:						6 AM	
		Get to bed on time?	Morning snack:						7 AM	
		Cot on overholoon?	Time: Protein Carbs Fat							
		Get enough sleep?	Plan:		G	G	G	Total	9 AM	
		Think about my	T IGHT.		Cal	Cal	Cal	daily	371171	
		food in the morning?			D%	D%	D%	calories	10 AM	
									11 AM	
		Plan today's menu?			Tdc	Tdc	Tdc			
		Write down the nutrient value of	Time:		Protein	Carbs	Fat		12 PM	
		today's menu?	Plan:		G	G	G	Total	1 PM	
		Pack my food?			Cal	Cal	Cal	daily		
		T dok my 100d.			D%	D%	D%	calories	2 PM	
		Plan my exercise?	Add this line to the box a	above	Tdc	Tdc	Tdc		3 PM	
		,							4.004	
		Prep my food?	Time:		Protein	Carbs	Fat		4 PM	
			Plan:		G	G	G	Total	5 PM	
		Exercise aerobically?			Cal	Cal	Cal	daily	C DA 4	
					D%	D%	D%	calories	6 PM	
		Exercise anaerobically?	Add this line to the box a	above	Tdc	Tdc	Tdc		7 PM	
		anaerobicany:							8 PM	
		Time my meals?	Time:		Protein	Carbs	Fat			
			Plan:		G	G	G	Total	9 PM	
		Take my vitamins?			Cal	Cal	Cal	daily calories	10 PM	
		Take			D%	D%	D%	Calories	44 = -	
		Take my supplements?	Add this line to the box a	above	Tdc	Tdc	Tdc		11 PM	
_		Drink enough							12 AM	
		water?	Time:		Protein	Carbs	Fat		1 AM	
	Suffer hunger?	Plan:		G	G	G	Total	1 AIVI		
				Cal	Cal	Cal	daily calories	2 AM		
\dashv		Weigh/BF% in PM?			D%	D%	D%	caluries	2.444	
			Add this line to the box a	ahove	Tdc	Tdc	Tdc		3 AM	

Bedtime plan _____ Bedtime actual _____ Daily grade (A-F) _____