

# Weekly Meal Planner

WEEK OF:



## BRAINSTORM

WRITE DOWN ALL YOUR MEAL IDEAS FOR THE WEEK

What's in the fridge from last week?

What you added new?

Meal ideas for the week:

Is there anything you want to prepare ahead?





## MENU

ORGANIZE YOUR MEALS INTO SPECIFIC DAYS

	BREAKFAST	LUNCH	DINNER	SNACK
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



# Weekly Fitness Tracker

WEEK OF:



THIS WEEK'S GOAL \_\_\_\_\_

<b>MON</b> Activity: Minutes: How did you feel?	<b>TUE</b> Activity: Minutes: How did you feel?
<b>WED</b> Activity: Minutes: How did you feel?	<b>THU</b> Activity: Minutes: How did you feel?
<b>FRI</b> Activity: Minutes: How did you feel?	<b>SAT</b> Activity: Minutes: How did you feel?
<b>SUN</b> Activity: Minutes: How did you feel?	<b>THIS WEEK'S CHECK-IN</b> Weight:

