

Day 2: _____ (Date)

NUTRITION

Breakfast: _____ Calories: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

Total Calories: _____



Drink two glasses of water
before each meal.

WATER



It is **NOT** EASY but
It will **be** worth it!

SPORT

Planned: _____ Actual: _____

Estimated Calories Burned: _____

**Your body can do it
It's your mind you have to convince**

MOTIVATION

I want to do this because: _____

I can do this because: _____

Today's Goal is: _____

If I want to cheat I will: _____