

# YOU CAN DO IT!

*Success is steady progress toward one's personal goals.*

DATE: \_\_\_\_\_

BREAKFAST \_\_\_\_\_

\_\_\_\_\_

SNACK \_\_\_\_\_

LUNCH \_\_\_\_\_

\_\_\_\_\_

SNACK \_\_\_\_\_

DINNER \_\_\_\_\_

\_\_\_\_\_

VITAMINS/MEDS ☐

WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

WORKOUT/ACTIVITY \_\_\_\_\_

\_\_\_\_\_

***How do you feel?*** \_\_\_\_\_

\_\_\_\_\_