



MEAL AND WORKOUT Tracker

Day	Meal Plan	Workout	Water
Monday	Breakfast: Lunch: Dinner: Snacks:	• • • •	8 water drops
Tuesday	Breakfast: Lunch: Dinner: Snacks:	• • • •	8 water drops
Wednesday	Breakfast: Lunch: Dinner: Snacks:	• • • •	8 water drops
Thursday	Breakfast: Lunch: Dinner: Snacks:	• • • •	8 water drops
Friday	Breakfast: Lunch: Dinner: Snacks:	• • • •	8 water drops
Saturday	Breakfast: Lunch: Dinner: Snacks:	• • • •	8 water drops
Sunday	Breakfast: Lunch: Dinner: Snacks:	• • • •	8 water drops