### • • 5 WEEKS TO MORE WATER



Goal = 8 or more glasses of water a day Reduce soda intake

glass	1	=	
glass	1	=	

If you need more flavor try infusing your water with fresh fruits and herbs.

SUNDAY	MONDAY	TUESDAY	wednesday	THURSDAY	FRIDAY	SATURDAY

#### **SODA DAYS**

Date	How Much	Date	How Much	Date	How Much
		_			

## • • • WORKOUT DAYS • • •

MONTH:
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

N	101	<b>ES</b> :			

# ••• FOOD TRACKER •••

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	TOTAL WATER
SUNDA						
S	CALODIES:	CALODIES:	CALODIES:	CALODIES:	CALORIES:	
		SNACK	LUNCH		DINNER	
≽	DREARFAST	SNACK	LONCH	SNACK	DINNER	IOIAL WATER
ONDAY						
Ó						
2	CALORIES:	CALORIES:	_ CALORIES:	_ CALORIES:	CALORIES:	_
>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	TOTAL WATER
A						
TUESDAY						
12						
		CALORIES:	<del></del>	<del>-</del>	CALORIES:	
A	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	TOTAL WATER
S						
WEDNESDAY	CALORIES:	CALORIES:	CALORIES:	CALORIES:	CALORIES:	
>	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	TOTAL WATER
RSDAY						
RS						
早						
臣			CALORIES:			
臣	CALORIES:BREAKFAST	CALORIES:SNACK	_ CALORIES:	CALORIES:	CALORIES:	
AY T						
RIDAY TH						
FRIDAY TH	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	
	BREAKFAST  CALORIES:	SNACK  CALORIES:	LUNCH  CALORIES:	SNACK  CALORIES:	DINNER  CALORIES:	TOTAL WATER
	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	
	BREAKFAST  CALORIES:	SNACK  CALORIES:	LUNCH  CALORIES:	SNACK  CALORIES:	DINNER  CALORIES:	TOTAL WATER
	BREAKFAST  CALORIES:	SNACK  CALORIES:	LUNCH  CALORIES:	SNACK  CALORIES:	DINNER  CALORIES:	TOTAL WATER
SATURDAY FRIDAY TH	BREAKFAST  CALORIES: BREAKFAST	SNACK  CALORIES:  SNACK	LUNCH  CALORIES:  LUNCH	SNACK  CALORIES:  SNACK	DINNER  CALORIES:	TOTAL WATER  TOTAL WATER

## • • • FRUITS & VEGGIES INTAKE • • •

**WEEK:** 

MONDAY	TUESDAY
THURSDAY	FRIDAY
NOT	ES
	THURSDAY

## • • • WEEKLY MEAL PLANNER • • •

WEEK:

SUNDAY	MONDAY	TUESDAY
WEDNESDAY	THURSDAY	FRIDAY
SATURDAY	NOTE	ES

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