



5 WEEKS TO MORE WATER



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



= 1 glass

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
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• • • WORKOUT DAYS • • •

MONTH: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES:

• • • FOOD TRACKER • • •

SUNDAY	BREAKFAST CALORIES: _____	SNACK CALORIES: _____	LUNCH CALORIES: _____	SNACK CALORIES: _____	DINNER CALORIES: _____	TOTAL WATER _____
MONDAY	BREAKFAST CALORIES: _____	SNACK CALORIES: _____	LUNCH CALORIES: _____	SNACK CALORIES: _____	DINNER CALORIES: _____	TOTAL WATER _____
TUESDAY	BREAKFAST CALORIES: _____	SNACK CALORIES: _____	LUNCH CALORIES: _____	SNACK CALORIES: _____	DINNER CALORIES: _____	TOTAL WATER _____
WEDNESDAY	BREAKFAST CALORIES: _____	SNACK CALORIES: _____	LUNCH CALORIES: _____	SNACK CALORIES: _____	DINNER CALORIES: _____	TOTAL WATER _____
THURSDAY	BREAKFAST CALORIES: _____	SNACK CALORIES: _____	LUNCH CALORIES: _____	SNACK CALORIES: _____	DINNER CALORIES: _____	TOTAL WATER _____
FRIDAY	BREAKFAST CALORIES: _____	SNACK CALORIES: _____	LUNCH CALORIES: _____	SNACK CALORIES: _____	DINNER CALORIES: _____	TOTAL WATER _____
SATURDAY	BREAKFAST CALORIES: _____	SNACK CALORIES: _____	LUNCH CALORIES: _____	SNACK CALORIES: _____	DINNER CALORIES: _____	TOTAL WATER _____

• • • FRUITS & VEGGIES INTAKE • • •

WEEK: _____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES

• • • WEEKLY MEAL PLANNER • • •

WEEK: _____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES
