

My Real Weekly Planner

<p>Sunday</p> <p>○ TK Day</p>	<p>Breakfast _____</p> <p>Snack _____</p> <p>Lunch _____</p> <p>Dinner _____</p> <p>Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>	<p>Total Calories</p>
<p>Monday</p> <p>○ TK Day</p>	<p>Breakfast _____</p> <p>Snack _____</p> <p>Lunch _____</p> <p>Dinner _____</p> <p>Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>	
<p>Tuesday</p> <p>○ TK Day</p>	<p>Breakfast _____</p> <p>Snack _____</p> <p>Lunch _____</p> <p>Dinner _____</p> <p>Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>	
<p>Wednesday</p> <p>○ TK Day</p>	<p>Breakfast _____</p> <p>Snack _____</p> <p>Lunch _____</p> <p>Dinner _____</p> <p>Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>	
<p>Thursday</p> <p>○ TK Day</p>	<p>Breakfast _____</p> <p>Snack _____</p> <p>Lunch _____</p> <p>Dinner _____</p> <p>Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>	
<p>Friday</p> <p>○ TK Day</p>	<p>Breakfast _____</p> <p>Snack _____</p> <p>Lunch _____</p> <p>Dinner _____</p> <p>Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>	
<p>Saturday</p> <p>○ TK Day</p>	<p>Breakfast _____</p> <p>Snack _____</p> <p>Lunch _____</p> <p>Dinner _____</p> <p>Water ○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p>	

Weekly Goals



How will you keep things simple?



What meals are you looking forward to?



What do you want to do differently?



What is your mantra?

Weekly Exercise Plan

S _____

M _____

T _____

W _____

TH _____

F _____

S _____