My weekly plan tracker

To be filled each day by you

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MULTIVITAMIN	☐	☐	☐	☐	☐	☐	☐
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							
WATER							
CARDIOVASCULAR EXERCISE							
RESISTANCE EXERCISE							
HOW DID I FEEL TODAY?	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆

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