

Weekly Meal Planning

Week: _____

Month: _____

MONDAY	Breakfast:	Dairy	① ② ③ ④ ⑤	Calories
	Lunch:	Protein	① ② ③ ④ ⑤	
	Dinner:	Carbs	① ② ③ ④ ⑤	
	Snack:	Veg+Fruit	① ② ③ ④ ⑤	
TUESDAY	Breakfast:	Dairy	① ② ③ ④ ⑤	Calories
	Lunch:	Protein	① ② ③ ④ ⑤	
	Dinner:	Carbs	① ② ③ ④ ⑤	
	Snack:	Veg+Fruit	① ② ③ ④ ⑤	
WEDNESDAY	Breakfast:	Dairy	① ② ③ ④ ⑤	Calories
	Lunch:	Protein	① ② ③ ④ ⑤	
	Dinner:	Carbs:	① ② ③ ④ ⑤	
	Snack:	Veg+Fruit	① ② ③ ④ ⑤	
THURSDAY	Breakfast:	Dairy	① ② ③ ④ ⑤	Calories
	Lunch:	Protein	① ② ③ ④ ⑤	
	Dinner:	Carbs	① ② ③ ④ ⑤	
	Snack:	Veg+Fruit	① ② ③ ④ ⑤	
FRIDAY	Breakfast:	Dairy	① ② ③ ④ ⑤	Calories
	Lunch:	Protein	① ② ③ ④ ⑤	
	Dinner:	Carbs	① ② ③ ④ ⑤	
	Snack:	Veg+Fruit	① ② ③ ④ ⑤	
SATURDAY	Breakfast:	Dairy	① ② ③ ④ ⑤	Calories
	Lunch:	Protein	① ② ③ ④ ⑤	
	Dinner:	Carbs	① ② ③ ④ ⑤	
	Snack:	Veg+Fruit	① ② ③ ④ ⑤	
SUNDAY	Breakfast:	Dairy	① ② ③ ④ ⑤	Calories
	Lunch:	Protein	① ② ③ ④ ⑤	
	Dinner:	Carbs	① ② ③ ④ ⑤	
	Snack:	Veg+Fruit	① ② ③ ④ ⑤	

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MONDAY	Breakfast:	Dairy	① ② ③ ④ ⑤	Calories
	Lunch:	Protein	① ② ③ ④ ⑤	
	Dinner:	Carbs	① ② ③ ④ ⑤	
	Snack:	Veg+Fruit	① ② ③ ④ ⑤	
TUESDAY	Breakfast:	Dairy	① ② ③ ④ ⑤	Calories
	Lunch:	Protein	① ② ③ ④ ⑤	
	Dinner:	Carbs	① ② ③ ④ ⑤	
	Snack:	Veg+Fruit	① ② ③ ④ ⑤	
WEDNESDAY	Breakfast:	Water:	① ② ③ ④ ⑤	Calories
	Lunch:	Vitamins:	① ② ③ ④ ⑤	
	Dinner:	Fruits:	① ② ③ ④ ⑤	
	Snack:	Veggies:	① ② ③ ④ ⑤	
THURSDAY	Breakfast:	Water:	① ② ③ ④ ⑤	Calories
	Lunch:	Vitamins:	① ② ③ ④ ⑤	
	Dinner:	Fruits:	① ② ③ ④ ⑤	
	Snack:	Veggies:	① ② ③ ④ ⑤	
FRIDAY	Breakfast:	Water:	① ② ③ ④ ⑤	Calories
	Lunch:	Vitamins:	① ② ③ ④ ⑤	
	Dinner:	Fruits:	① ② ③ ④ ⑤	
	Snack:	Veggies:	① ② ③ ④ ⑤	
SATURDAY	Breakfast:	Water:	① ② ③ ④ ⑤	Calories
	Lunch:	Vitamins:	① ② ③ ④ ⑤	
	Dinner:	Fruits:	① ② ③ ④ ⑤	
	Snack:	Veggies:	① ② ③ ④ ⑤	
SUNDAY	Breakfast:	Water:	① ② ③ ④ ⑤	Calories
	Lunch:	Vitamins:	① ② ③ ④ ⑤	
	Dinner:	Fruits:	① ② ③ ④ ⑤	
	Snack:	Veggies:	① ② ③ ④ ⑤	

workout planner

Month : _____

Year : _____

Activity Plan 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Strength Training							
Cardio							
Flexibility and Mobility							
High-Intensity Interval Training							
Low-Impact Workouts							
Recovery and Rest Days							

Activity Plan 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Strength Training							
Cardio							
Flexibility and Mobility							
High-Intensity Interval Training							
Low-Impact Workouts							
Recovery and Rest Days							

Reminder

Notes:

Schedule
