

SUNDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

MONDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

TUESDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

WEDNESDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

THURSDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

FRIDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12

SATURDAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____	CALORIES: _____

WATER INTAKE (RECOMMENDED 8- 8 oz): 1 2 3 4 5 6 7 8 9 10 11 12