



MEAL & FITNESS Planner

FUEL YOUR BODY. MOVE YOUR BODY. LOVE YOURSELF. 

Today's Focus 

-  Eat well
-  Move daily
-  Stay positive



MEAL PLAN



BREAKFAST



LUNCH



DINNER



SNACKS

WORKOUT PLAN

Today's Movement:

Type of Workout:

Duration:

Intensity:



How I Felt:



GREAT



OKAY



TIRED

Notes:

TODAY I WILL CHOOSE: 



WHOLE
FOODS



HYDRATION



BALANCE



MODERATION

WATER INTAKE 

Daily Goal: 8 Glasses 



1 2 3 4 5 6 7 8

Notes:

NUTRITION CHECKLIST

- ☐ Ate fruits & vegetables
- ☐ Ate lean protein
- ☐ Whole grains
- ☐ Healthy fats
- ☐ Limited sugar / processed foods
- ☐ Stayed within my portions
- ☐ Drank enough water



DAILY REFLECTION

What went well today?

What can I improve tomorrow?

I am proud of:

STEP TRACKER



TODAY'S
GOAL:

TODAY'S STEPS:





WATER Tracker

HYDRATE YOUR BODY. NOURISH YOUR SOUL. 



DAILY GOAL 

8

GLASSES



Small sips. Big difference.

DAY	GLASSES	NOTES
Monday	       	 _____
Tuesday	       	 _____
Wednesday	       	 _____
Thursday	       	 _____
Friday	       	 _____
Saturday	       	 _____
Sunday	       	 _____

BENEFITS OF DRINKING WATER

-  Boosts energy
-  Improves focus
-  Supports healthy skin
-  Aids digestion
-  Flushes out toxins
-  Supports overall wellness



NOTES & REMINDERS



Drink water. Love yourself.

