

MY
Tracker



MINDSET™



ARE YOU READY 2B *On Track?*

As you'll see in the 2B Mindset™ videos, tracking and planning are the keys to reaching your goals. As you track your progress, you'll become aware of the behavior patterns that help contribute to your weight loss. The more detail you put into your tracker, the more helpful it will be. Make your entries and refer back to them daily and you'll soon see that you're actually writing your own weight-loss guidebook!

Keep in mind, there is no right or wrong way to plan and track. So, whether you like to "wing it" day to day or if you prefer the "details, details, details" approach, we created this book to help make planning and tracking as easy as possible for you.

HERE'S A SUMMARY OF THE TOOLS YOU'LL FIND ON THE FOLLOWING PAGES:

▶ MY GOALS:

Go here to set your goals and document your starting weight (and your measurements too). We encourage you to take a few minutes before beginning the program to complete this page—and be sure to take a photo of yourself!

▶ MY WEEK AT A GLANCE:

Whether you like to plan out exactly what you will eat all week long—or prefer to take it day by day—putting some effort into planning will benefit your weight loss. Take a few minutes to jot down as much info as you think you need to help make each week a weight-loss week.

▶ GROCERY LIST:

Ilana wants you to go shopping with a plan in place, so you only get the food you need to help keep your eating on track!

▶ DAILY TRACKING PAGES:

Here's where you'll track your weight, water, and everything you eat and drink each day.



Check off every time you drink a full 2B Mindset water bottle (30 fl. oz./888 mL) throughout the day. If using your own bottle, record total ounces of water consumed.



A diet high in fiber can help keep you regular and it can also help you lose weight by making you feel full longer.

▶ FOOD LISTS:

Build your Plate It! meals with suggestions from each of the food groups.

MY GOALS with the 2B Mindset

Setting goals is so important. Maybe you're doing this to lose weight, to learn how to eat better and simply improve your overall health and well-being. Any reason is a perfect reason so you can be the best version of you possible—for yourself and your loved ones!

So take your time filling this in and refer back to it during your journey to keep your goals top of mind.

MY NAME IS: _____

MY CURRENT WEIGHT IS: _____ MY GOAL WEIGHT IS: _____



MY GOALS:

I am committed to being the me I am meant 2B.

SIGNATURE

DATE

MEASUREMENT *Tracker*

JOT DOWN YOUR STATS

The scale is a great tool for giving you insight on how you're doing, but it's still important to track all of your measurements so you can see the whole picture and really understand your progress.



CHEST

R. ARM

L. ARM

WAIST

HIPS

L. THIGH

R. THIGH



**REMEMBER TO TAKE
YOUR *before* PHOTOS!**

SHARE YOUR PHOTOS AND VIDEOS WITH US



/Beachbody2Bmindset



@2Bmindset #2Bmindset

Here's a sample of how Ilana plans her week

MY WEEK AT A GLANCE

This week I want to be:

Organized, prepared and calm throughout my super busy schedule and see 118.9 by the end of the week!

MONDAY			
BREAKFAST	Almond Madness Shakeology	SNACK(TIONAL)	Water + Snackable veggies
LUNCH	Mix & Match freezer staples @ office	DINNER	Honey Mustard Salmon with Roasted Veggies

NOTES, APPOINTMENTS, & ACTIVITIES

8:30 AM—Olivia to school

9:00 AM—yoga *go to bank after

11:00- 4:00 PM—Client sessions *grocery shopping

TUESDAY			
BREAKFAST	Almond Madness Shakeology	SNACK(TIONAL)	Water + Hot tea, lots of talking today!
LUNCH	Crunchy Tuna Salad Over Sweet and Tangy Slaw	DINNER	Turkey Meatballs over Zoodles Marinara

NOTES, APPOINTMENTS, & ACTIVITIES

8:30 AM—Olivia to school

9:00-12:00 PM—Talk with teens on nutrition

1:00 PM- 4:00 PM—meetings @ Beachbody HQ

WEDNESDAY			
BREAKFAST	Almond Madness Shakeology	SNACK(TIONAL)	Water, veggies + string cheese (need to stay full till dinner!)
LUNCH	Mix & Match freezer staples @ office	DINNER	Date night with Noah @ 7 PM!

NOTES, APPOINTMENTS, & ACTIVITIES

8:30 AM—Olivia to school

9:00 AM—yoga

11:00-2:00 PM—Client sessions

3:00 PM—Dr. appointment *pick up veggie platter for party tomorrow

and here's how Ilana tracks her day!

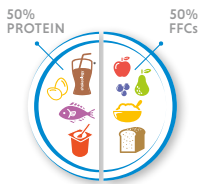
MY DAY

4/12 120 down
 DATE WEIGHT 95 lbs.! 7 1/2
 HRS. 🕒

CURRENT MINDSET: Feeling great!
I'm losing weight, I got this.
119—I'm coming for you!

WATER FIRST!

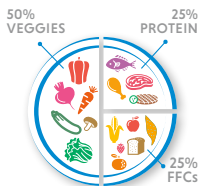
GOAL 60 OZ./ML TOTAL 120 OZ./ML



BREAKFAST*

MEAL TIME: 8 am

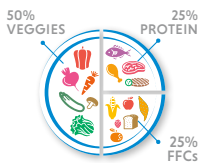
Lots of water and large cup of coffee, stevia packet, splash of unsweetened almond milk
 Almond Madness Shakeology: chocolate Shakeology blended w/ unsweetened almond milk, ice, power greens boost, digestive boost, 1/2 banana 1 Tbsp. almond butter



LUNCH*

MEAL TIME: 1 pm

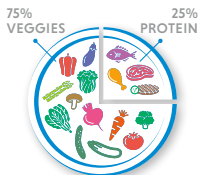
Water!
 2 turnips worth of "fries" with marinara
 open-faced turkey burger on 1/2 whole wheat bun with 1/4 mashed avocado and mustard



SNACK(TIONAL)*

MEAL TIME: 3 pm

Water and apple cinnamon tea with a splash of unsweetened almond milk. Still full from lunch!



DINNER*

MEAL TIME: 6:30 pm

water, water, water! Cauliflower fried rice:
 1 bag cauli-rice, splash of reduced sodium soy sauce,
 2 tsp. toasted sesame oil, 1/2 cup carrots
 2 skinless roasted chicken thighs
 Handful of cherry tomatoes

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: Stayed on my mat 10 min. past the yoga class to rest and stretch

EXERCISE EXTRA CREDIT: Yoga class

WHY TODAY WAS GREAT: I'm dinner and done,
feel satisfied and excited to weigh-in tomorrow!

🐛 TODAY?
 YES NO

The background features a repeating pattern of stylized illustrations. On the left, there are blue-toned items: a large carrot, a tomato, a water bottle, a chili pepper, and another water bottle. On the right, there are green-toned items: a carrot, an eggplant, a water bottle, a chili pepper, a water bottle, a bunch of asparagus, a water drop, a broccoli, a water drop, a large leafy vegetable, and a mushroom. The overall theme is healthy eating and hydration.

“

Water First



Veggies Most



They help keep you full and satisfied so you can make better food choices throughout the day!

MY WEEK AT A GLANCE

This week I want to be:

MONDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

TUESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

WEDNESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

THURSDAY			
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BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

FRIDAY			
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BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

SATURDAY			
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BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

SUNDAY			
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BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

GROCERY LIST



When you're heading to the grocery store, plan ahead! Make sure you have a full water bottle and that you've eaten a meal beforehand so you aren't going in on an empty stomach. (And don't forget your grocery list!) You can use the space below to jot down what items you plan to get from each food group.

VEGGIES		PROTEINS	
ITEM	QUANTITY	ITEM	QUANTITY

FFCs		ACCESSORIES	
ITEM	QUANTITY	ITEM	QUANTITY

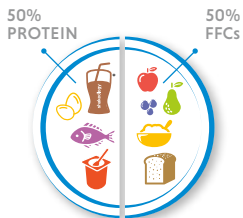
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

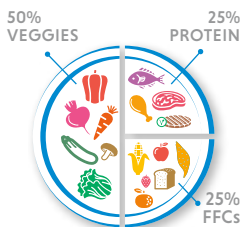
WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	



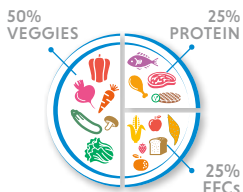
BREAKFAST*

MEAL TIME: _____



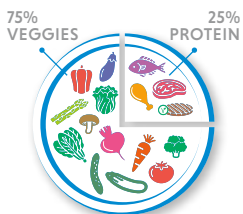
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?

YES NO

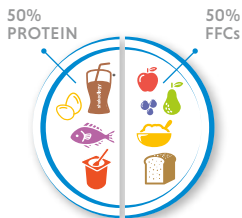
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

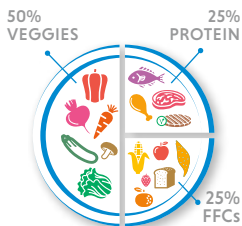
WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML				
🚰		🚰		🚰		🚰	



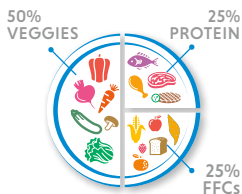
BREAKFAST*

MEAL TIME: _____



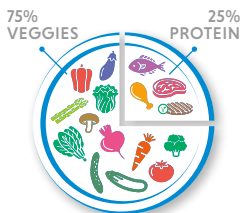
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
 YES NO

MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

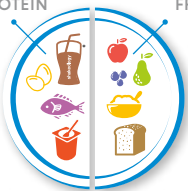
CURRENT MINDSET: _____

WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



50% PROTEIN 50% FFCs



BREAKFAST*

MEAL TIME: _____

50% VEGGIES 25% PROTEIN



LUNCH*

MEAL TIME: _____

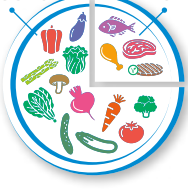
50% VEGGIES 25% PROTEIN



SNACK(TIONAL)*

MEAL TIME: _____

75% VEGGIES 25% PROTEIN



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO

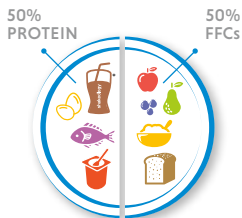
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

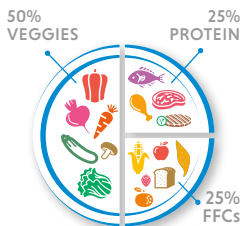
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



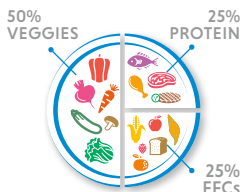
BREAKFAST*

MEAL TIME: _____



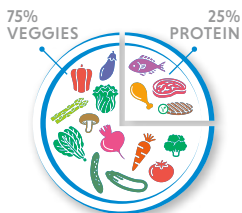
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____





🧘 TODAY?
YES NO

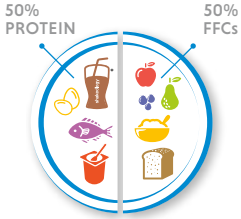
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

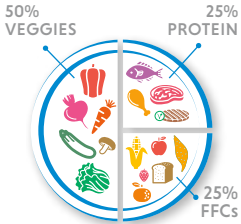
WATER FIRST!

GOAL _____	OZ./ML _____	TOTAL _____	OZ./ML _____
			



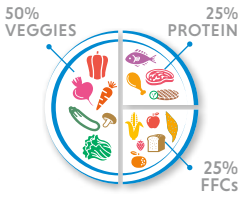
BREAKFAST*

MEAL TIME: _____



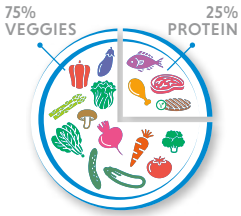
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*


MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

 TODAY?
 YES NO

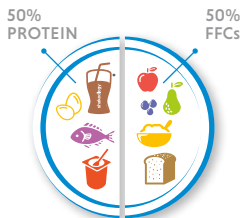
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

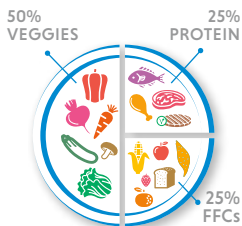
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



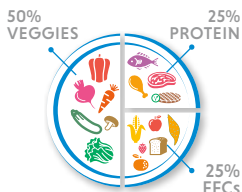
BREAKFAST*

MEAL TIME: _____



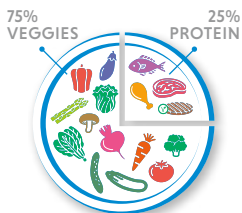
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO

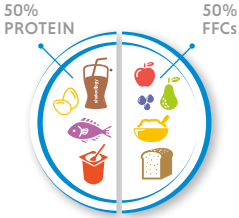
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

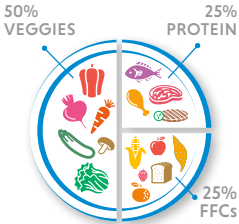
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



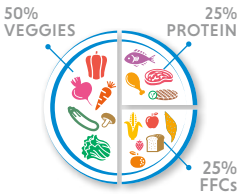
BREAKFAST*

MEAL TIME: _____



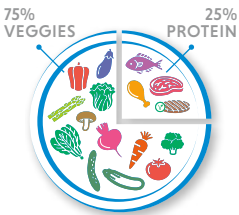
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
 YES NO

A stylized green double quote icon consisting of two slanted rectangular blocks.

00500M

The background features a light green grid pattern overlaid on a pale yellow background. Scattered throughout are faint, light green line-art icons of various food items: french fries in a container, a burger, a pizza, a bottle, a glass, and a hand holding a fork. The main text is centered in a dark blue, hand-drawn font.

OUT OF SIGHT, OUT OF MIND



Put tempting foods away where you can't see them. So you can stay focused on your goals!

MY WEEK AT A GLANCE

This week I want to be:

MONDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

TUESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

WEDNESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

THURSDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

FRIDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

SATURDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

SUNDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

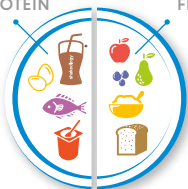
CURRENT MINDSET: _____

WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



50% PROTEIN 50% FFCs



BREAKFAST*

MEAL TIME: _____

50% VEGGIES 25% PROTEIN



LUNCH*

MEAL TIME: _____

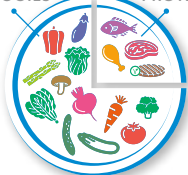
50% VEGGIES 25% PROTEIN



SNACK(TIONAL)*

MEAL TIME: _____

75% VEGGIES 25% PROTEIN



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO

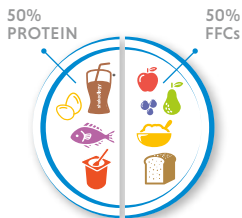
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

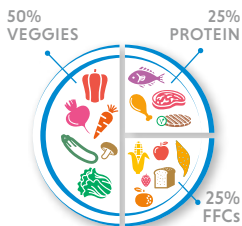
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



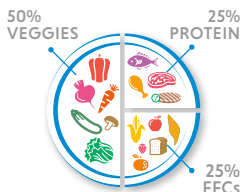
BREAKFAST*

MEAL TIME: _____



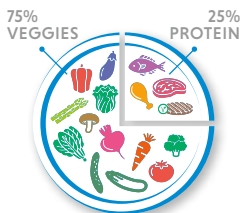
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO

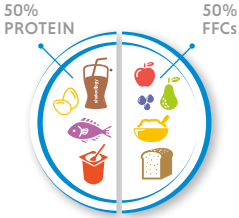
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CURRENT MINDSET: _____

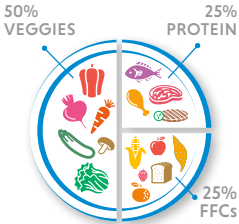
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



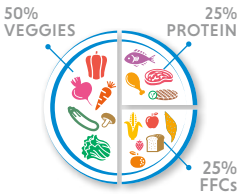
BREAKFAST*

MEAL TIME: _____



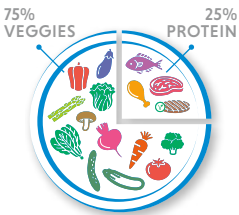
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
 YES NO

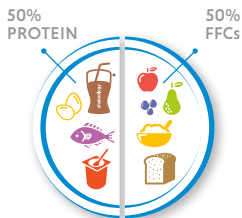
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

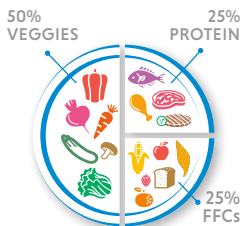
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



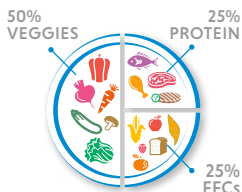
BREAKFAST*

MEAL TIME: _____



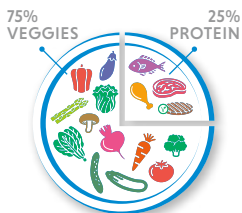
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO

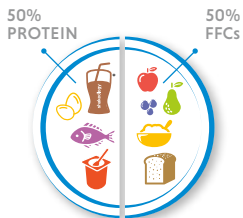
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

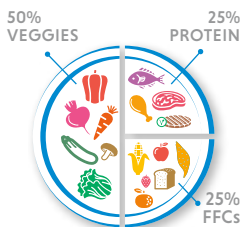
WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	



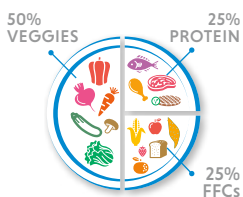
BREAKFAST*

MEAL TIME: _____



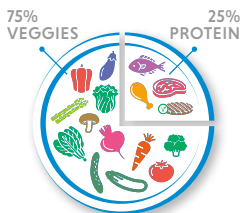
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?

YES NO

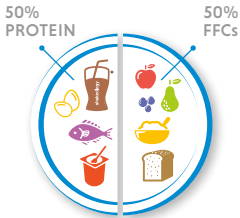
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

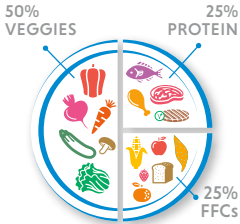
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



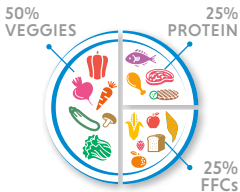
BREAKFAST*

MEAL TIME: _____



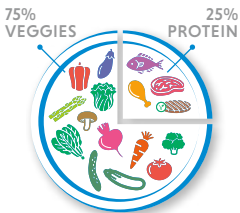
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

🧘 TODAY?
 YES NO

MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

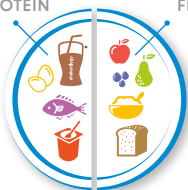
CURRENT MINDSET: _____

WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



50% PROTEIN 50% FFCs



BREAKFAST*

MEAL TIME: _____

50% VEGGIES 25% PROTEIN



LUNCH*

MEAL TIME: _____

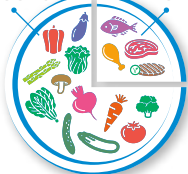
50% VEGGIES 25% PROTEIN



SNACK(TIONAL)*

MEAL TIME: _____

75% VEGGIES 25% PROTEIN



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO

“

Keep Two Hands





On the Wheel



Keeping your hands busy holding a cup of tea or water at a party helps keeps you safe from overeating.

MY WEEK AT A GLANCE

This week I want to be:

MONDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

TUESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

WEDNESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

THURSDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

FRIDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

SATURDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

SUNDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

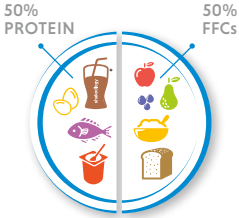
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

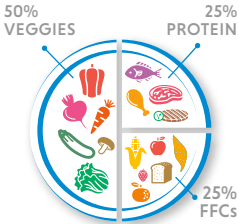
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



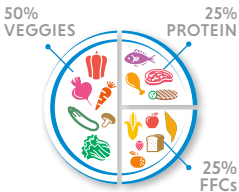
BREAKFAST*

MEAL TIME: _____



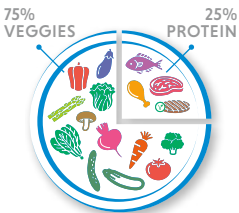
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____





👤 TODAY?
 YES NO

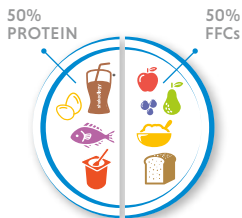
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

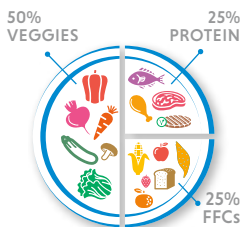
WATER FIRST!

GOAL _____	OZ./ML _____	TOTAL _____	OZ./ML _____
			



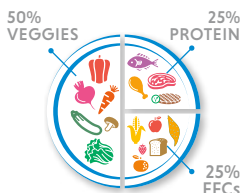
BREAKFAST*

MEAL TIME: _____



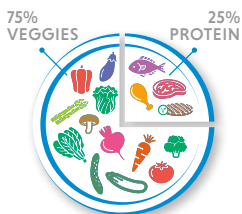
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*


MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

 TODAY?
 YES NO

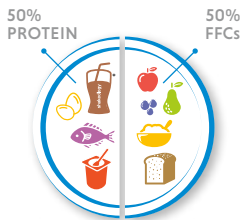
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

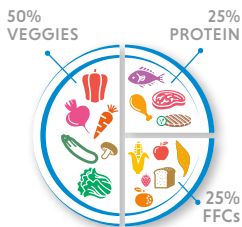
WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML	OZ./ML	OZ./ML	OZ./ML	OZ./ML
🚰		🚰		🚰		🚰	



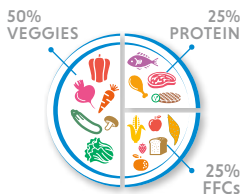
BREAKFAST*

MEAL TIME: _____



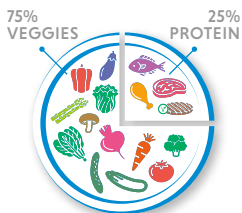
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?

YES NO

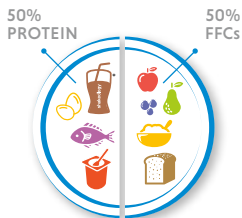
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

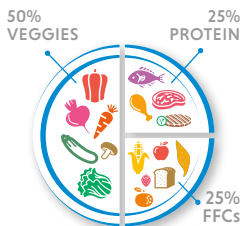
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



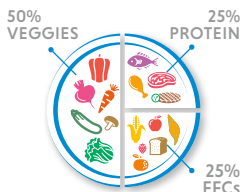
BREAKFAST*

MEAL TIME: _____



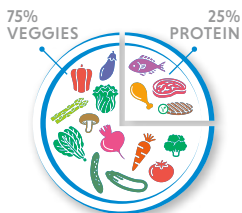
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____





👤 TODAY?
YES NO

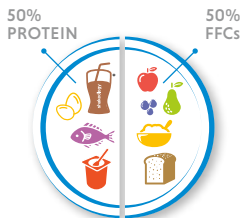
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

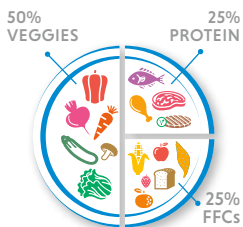
WATER FIRST!

GOAL _____	OZ./ML _____	TOTAL _____	OZ./ML _____
			



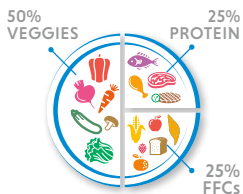
BREAKFAST*

MEAL TIME: _____



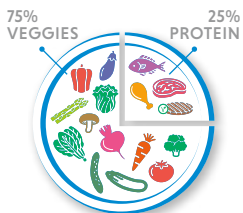
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*


MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

 TODAY?
 YES NO

MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

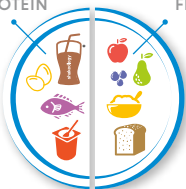
CURRENT MINDSET: _____

WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



50% PROTEIN 50% FFCs



BREAKFAST*

MEAL TIME: _____

50% VEGGIES 25% PROTEIN



LUNCH*

MEAL TIME: _____

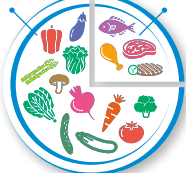
50% VEGGIES 25% PROTEIN



SNACK(TIONAL)*

MEAL TIME: _____

75% VEGGIES 25% PROTEIN



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO

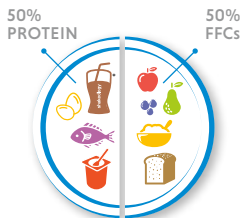
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

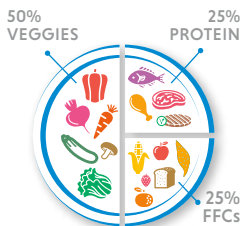
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



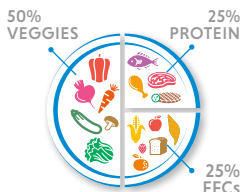
BREAKFAST*

MEAL TIME: _____



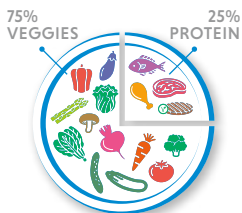
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

🧘 TODAY?
 YES NO



Dinner and Done...

MY WEEK AT A GLANCE

This week I want to be:

MONDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

TUESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

WEDNESDAY			
BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

THURSDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

FRIDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

SATURDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

SUNDAY

BREAKFAST		SNACK(TIONAL)	
LUNCH		DINNER	

NOTES, APPOINTMENTS, & ACTIVITIES _____

GROCERY LIST



When you're heading to the grocery store, plan ahead! Make sure you have a full water bottle and that you've eaten a meal beforehand so you aren't going in on an empty stomach. (And don't forget your grocery list!) You can use the space below to jot down what items you plan to get from each food group.

VEGGIES		PROTEINS	
ITEM	QUANTITY	ITEM	QUANTITY

FFCs		ACCESSORIES	
ITEM	QUANTITY	ITEM	QUANTITY

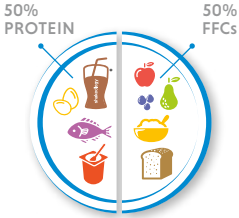
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

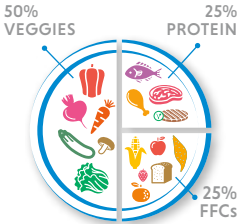
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



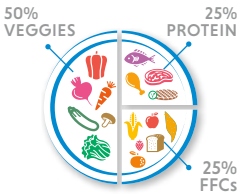
BREAKFAST*

MEAL TIME: _____



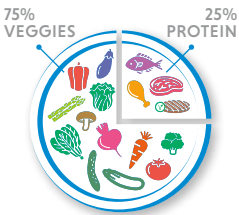
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
 YES NO

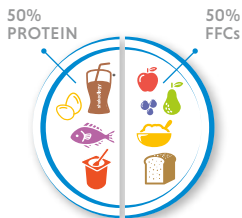
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

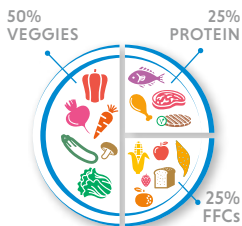
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



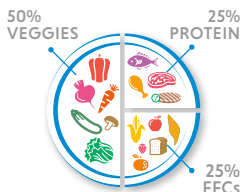
BREAKFAST*

MEAL TIME: _____



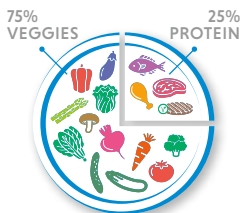
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO

MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

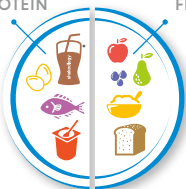
CURRENT MINDSET: _____

WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



50% PROTEIN 50% FFCs



BREAKFAST*

MEAL TIME: _____

50% VEGGIES 25% PROTEIN



LUNCH*

MEAL TIME: _____

50% VEGGIES 25% PROTEIN



SNACK(TIONAL)*

MEAL TIME: _____

75% VEGGIES 25% PROTEIN



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO

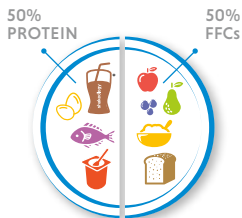
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

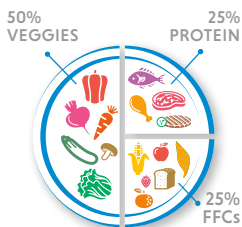
WATER FIRST!

GOAL	OZ./ML	TOTAL	OZ./ML
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	
🚰		🚰	



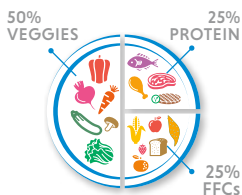
BREAKFAST*

MEAL TIME: _____



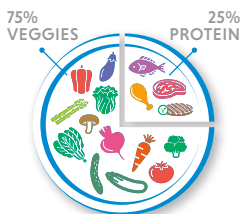
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

🧘 TODAY?





YES NO

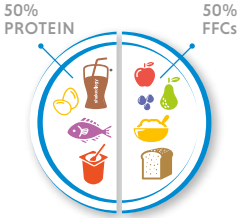
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

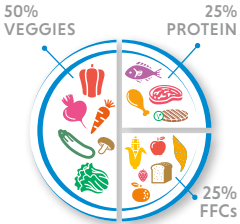
WATER FIRST!

GOAL _____	OZ./ML _____	TOTAL _____	OZ./ML _____
			



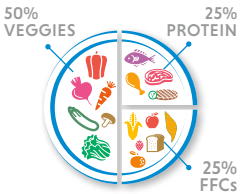
BREAKFAST*

MEAL TIME: _____



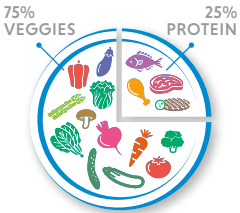
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*


MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

 TODAY?
 YES NO

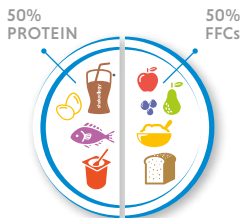
MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

CURRENT MINDSET: _____

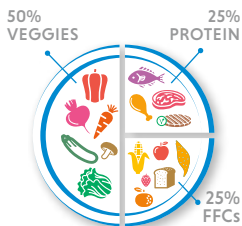
WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



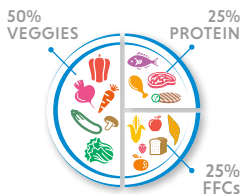
BREAKFAST*

MEAL TIME: _____



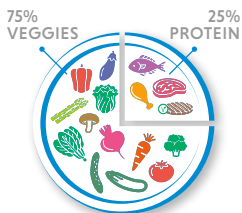
LUNCH*

MEAL TIME: _____



SNACK(TIONAL)*

MEAL TIME: _____



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

🧘 TODAY?
YES NO

MY DAY

DATE _____ WEIGHT _____ TOTAL LOSS _____ HRS. 🧘

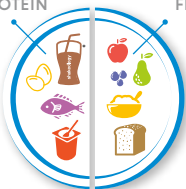
CURRENT MINDSET: _____

WATER FIRST!

GOAL _____ OZ./ML TOTAL _____ OZ./ML



50% PROTEIN 50% FFCs



BREAKFAST*

MEAL TIME: _____

50% VEGGIES 25% PROTEIN



LUNCH*

MEAL TIME: _____

50% VEGGIES 25% PROTEIN



SNACK(TIONAL)*

MEAL TIME: _____

75% VEGGIES 25% PROTEIN



DINNER*

MEAL TIME: _____

*REMEMBER TO TRACK YOUR ACCESSORIES AT EACH MEAL!

ME TIME: _____

EXERCISE EXTRA CREDIT: _____

WHY TODAY WAS GREAT: _____

👤 TODAY?
YES NO