

# YOU CAN DO IT!

*Success is steady progress toward one's personal goals.*

-JIM ROHN

DATE: \_\_\_\_\_

BREAKFAST \_\_\_\_\_

SNACK \_\_\_\_\_

LUNCH \_\_\_\_\_

SNACK \_\_\_\_\_

DINNER \_\_\_\_\_

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY \_\_\_\_\_

*How do you feel?* \_\_\_\_\_

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-JIM ROHN

DATE: \_\_\_\_\_

	CALS
BREAKFAST _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
LUNCH _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
DINNER _____ _____	<input type="text"/>

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY \_\_\_\_\_  
\_\_\_\_\_

*How do you feel?* \_\_\_\_\_  
\_\_\_\_\_

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DATE: \_\_\_\_\_

	PTS
BREAKFAST _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
LUNCH _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
DINNER _____ _____	<input type="text"/>

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY \_\_\_\_\_  
\_\_\_\_\_

*How do you feel?* \_\_\_\_\_  
\_\_\_\_\_

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DATE: \_\_\_\_\_

	CARBS
BREAKFAST _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
LUNCH _____ _____	<input type="text"/>
SNACK _____	<input type="text"/>
DINNER _____ _____	<input type="text"/>

VITAMINS/MEDS

WATER

WORKOUT/ACTIVITY \_\_\_\_\_  
\_\_\_\_\_

*How do you feel?* \_\_\_\_\_  
\_\_\_\_\_