

# Track Your Way to Wellness

MY GOAL IS... \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

..... **QUICK TIP** .....

FILL THIS FORM IN AS YOU GO  
 (RATHER THAN AT THE END OF EACH DAY)  
 TO HAVE A MORE ACCURATE READING OF YOUR DAILY ACTIVITIES.



## MONDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY ON AT LEAST 5 DAYS

### • ENERGY LEVEL •

.....  .....

**POOR**      **AVERAGE**      **GREAT**

## TUESDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY ON AT LEAST 5 DAYS

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.....  .....

**POOR**      **AVERAGE**      **GREAT**

## WEDNESDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY ON AT LEAST 5 DAYS

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## THURSDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY ON AT LEAST 5 DAYS

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.....  .....

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## FRIDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY ON AT LEAST 5 DAYS

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## SATURDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY ON AT LEAST 5 DAYS

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.....  .....

**POOR**      **AVERAGE**      **GREAT**

## SUNDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY ON AT LEAST 5 DAYS

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.....  .....

**POOR**      **AVERAGE**      **GREAT**