

Pocket Diet Meal & Fitness Planner Week 1

Date: _____

Weekly Goal: _____

	Breakfast	Snack <i>(Think 100 Calories)</i>	Lunch	Snack <i>(Think 100 Calories)</i>	Dinner	Snack <i>(Think 100 Calories)</i>
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Nutrition

Fill in a circle for every Pocket Meal you eat each day. Note: Be sure to follow nutrition recommendations that are detailed on pages 54 and 55 of The Pocket Diet book

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pockets Meals	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○

Fitness: Goal- 30 Minutes 5 times/week

Write in the total number of minutes of cardio fitness you do each day. The goal is at least 5 sessions of 30 minutes each

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Minutes	○ _____	○ _____	○ _____	○ _____	○ _____	○ _____	○ _____

Did you achieve your goals: Nutrition _____? Fitness _____?