



# Health Tracker








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

WEEK: \_\_\_\_\_

## WEEKLY MEAL PLAN

## WATER INTAKE

## WORKOUT/EXERCISE

	WEEKLY MEAL PLAN	WATER INTAKE	WORKOUT/EXERCISE
<b>MON</b>	B _____ cal: _____ L _____ cal: _____ D _____ cal: _____ S _____ cal: _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
<b>TUE</b>	B _____ cal: _____ L _____ cal: _____ D _____ cal: _____ S _____ cal: _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
<b>WED</b>	B _____ cal: _____ L _____ cal: _____ D _____ cal: _____ S _____ cal: _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
<b>THUR</b>	B _____ cal: _____ L _____ cal: _____ D _____ cal: _____ S _____ cal: _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
<b>FRI</b>	B _____ cal: _____ L _____ cal: _____ D _____ cal: _____ S _____ cal: _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
<b>SAT</b>	B _____ cal: _____ L _____ cal: _____ D _____ cal: _____ S _____ cal: _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____
<b>SUN</b>	B _____ cal: _____ L _____ cal: _____ D _____ cal: _____ S _____ cal: _____		DURATION: _____ STEP COUNT: _____ CALORIES BURNT: _____