

FITNESS FACTOID: Pumping iron may be as good for your heart as it is for your muscles. In one study, men who lifted weights at least 30 minutes a week had a 23 percent lower heart-disease risk than men who didn't lift.

SUNDAY

SUPPLEMENTS WEIGHT

Today's Goals:

MEAL	FOODS & BEVERAGES	FOCUS 1:	FOCUS 2:
BREAKFAST			
___ A.M./P.M.			
Hunger:			
Fullness:			
	MEAL TOTALS		
SNACK			
___ A.M./P.M.			
Hunger:			
Fullness:			
	MEAL TOTALS		
LUNCH			
___ A.M./P.M.			
Hunger:			
Fullness:			
	MEAL TOTALS		
SNACK			
___ A.M./P.M.			
Hunger:			
Fullness:			
	MEAL TOTALS		
DINNER			
___ A.M./P.M.			
Hunger:			
Fullness:			
	MEAL TOTALS		
DAILY TOTALS			

EXERCISE NOTES

___ minutes

DAILY WRAP-UP

Goals: Exceeded ___ Met ___ Keep Trying ___

Notes:

Success Of The Day: