

Food tracking sheets.

Week Number

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Breakfast								
Mid-Morning Snack								
Lunch								
Mid-Afternoon Snack								
Dinner								
Drinks								

Macronutrients

Your Daily food intake should consist of

Carbs 60%

Protein 25%

Fats 15%

The following table provided examples of each macronutrient.

Carbohydrates	Protein	Fats
Rice	Turkey	Avocado
Pasta	Chicken	Walnuts
Bananas	Tuna	Brazil Nuts
Berries	Salmon	Hazelnuts
Wholegrain Cereals	Pork	Almonds
Beans	Beef	Cashews Nuts
Lentils	Tofu	Oil
Nuts	Eggs	Muscles
Oats	Kidney Beans	Oysters
Granola	Yogurt	Fish in Oil
Dried Fruits	Milk	Sunflower Seeds
Root Vegetables	Cauliflower	Chia Seeds
Jam	Broccoli	Mixed Nuts

Exercise Tracking sheets

Week Number

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Cardiovascular Exercises								
Fixed Weights Routine								
Free Weights Routine								
Stretches								
Fitness Classes								
Other								