Health and Fitness

Sweet Simple Life Planners

"Love the life you live, Live the life you love"

-Bob Marley

Monthly Menu Planner

"True healthcare reform starts in your kitchen, not Washington."

~Anonymous

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	0			0	0	
	0			0	0	
					0	

Weekly Nutrition Tracker

	<u>Meals</u>			<u>Nutrition</u>	
Sunday	Breakfast:	Lunch:	Snacks:	Dínner:	Caloríes Poínts Carbs Fat Proteín Water
Monday	Breakfast:	Lunch:	Snacks:	Dínner:	Caloríes Poínts Carbs Fat Proteín Water
Tuesday	Breakfast:	Lunch:	Snacks:	Dínner:	Caloríes Points Carbs Fat Protein Water
Wednesday	Breakfast:	Lunch:	Snacks:	Dínner:	Calories Points Carbs Fat Protein Water
Thursday	Breakfast:	Lunch:	Snacks:	Dínner:	Caloríes Points Carbs Fat Protein Water
Friday	Breakfast:	Lunch:	Snacks:	Dínner:	Caloríes Poínts Carbs Fat Proteín Water
Saturday	Breakfast:	Lunch:	Snacks:	Dínner:	Calories Points Carbs Fat Protein Water

	Daily Nutrition	Track	er		
Date:	Today's Goals:	1 f	eel:		
Meal	Food Choices		Nu	trítíon	
Breakfast			Calories Fat	Points Protein	Carbs Water
Snack			Calories Fat	Points Protein	Carbs Water
Lunch			Caloríes Fat	Points Protein	Carbs Water
Snack			Caloríes Fat	Points Protein	Carbs Water
Dinner			Calories Fat	Points Protein	Carbs Water
Today I: <i>(circle one)</i> Exceeded my expectations	Kept my head above water Would rather forget	Totals	Calories Fat	Points Protein	Carbs Water

Weekly Fit Schedule

Date: Goal:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
raíníng	Goal						
Strength Training	Actual						
0	Goal						
Cardío	Actual						
líty	Goal						
Flexibility	Actual						

cardío Workout Log for Week of						
	Activity	Distance	Duration			
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Streng	th Training	Log for	week of_		
	Focus		Equipment	Weigh	t/Reps
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Flexibility Training Log for Week of _____

	Activity	Duration	<u>l Feel</u>
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Weight Loss for Month of.

Week 1 Week 3 Week 4 Week 2 Week 5 Goals: Goals: Goals: Goals: Goals: Weight: Weight: Weight: Weight: Weight: Loss/Gain: Loss/Gain: Loss/Gain: Measurements: Measurements: Measurements: Measurements: Measurements: 1 feel... ı feel... ı feel... 1 feel... 1 feel...

"Never quit. It is the easiest cop-out in the world. Set a goal and don't quit until you attain it. When you do attain it, set another goal and don't quit until you reach it. Never quit."

~Bear Bryant

Annual Health Appointments

January – Healthy Weight Awareness Month	February - American Heart Month
March - Colorectal Cancer Awareness Month	Apríl – Stress Awareness Month
May – Skín Cancer Awareness Month	June – AIDS Awareness Month

Organizing Tip: Making all of your annual doctor/dentist/specialist appointments at the beginning of the year will save you time in the long run.

Annual Health Appointments

July - Eye Injury Awareness Month	August – Immunization Awareness Month
September – Ovarían Cancer Awareness Month	October - Breast Cancer Awareness Month
November - Diabetes Awareness Month	December - Safe Toys & Gifts Awareness Month

"Always plan ahead. It wasn't raining when Noah built the ark."

Date_ Appointment Tracker Practitioner_ Patient Vitals Reason for Visit Follow Ups Test Results Screenings Performed Schedule Next Appointment

Long Term Care Notes A Record of Important Medical Information

This is in regards to:

On	1 Saw/spoke with	He/she said	The next steps are
			Page_of_