

Health and Fitness

Sweet Simple Life
Printable Planners

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

~Bob Marley

Weekly Nutrition Tracker

Meals

Nutrition

Sunday

Breakfast:

Lunch:

Snacks:

Dinner:

Calories

Points

Carbs

Fat

Protein

Water

Monday

Breakfast:

Lunch:

Snacks:

Dinner:

Calories

Points

Carbs

Fat

Protein

Water

Tuesday

Breakfast:

Lunch:

Snacks:

Dinner:

Calories

Points

Carbs

Fat

Protein

Water

Wednesday

Breakfast:

Lunch:

Snacks:

Dinner:

Calories

Points

Carbs

Fat

Protein

Water

Thursday

Breakfast:

Lunch:

Snacks:

Dinner:

Calories

Points

Carbs

Fat

Protein

Water

Friday

Breakfast:

Lunch:

Snacks:

Dinner:

Calories

Points

Carbs

Fat

Protein

Water

Saturday

Breakfast:

Lunch:

Snacks:

Dinner:

Calories

Points

Carbs

Fat

Protein

Water

Daily Nutrition Tracker

Date:

Today's Goals:

I feel:

Meal

Food Choices

Nutrition

Breakfast

Calories Points Carbs
 Fat Protein Water

Snack

Calories Points Carbs
 Fat Protein Water

Lunch

Calories Points Carbs
 Fat Protein Water

Snack

Calories Points Carbs
 Fat Protein Water

Dinner

Calories Points Carbs
 Fat Protein Water

Today I: (circle one)

Exceeded my expectations

Kept my head above water

Would rather forget

Totals

Calories Points Carbs
 Fat Protein Water

Weekly Fit Schedule

Date:

Goal:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Training	Goal						
	Actual						
Cardio	Goal						
	Actual						
Flexibility	Goal						
	Actual						

Weight Loss for Month of _____

Week 1

Goals:

Weight:

Loss/Gain:

Measurements:

I feel...

Week 2

Goals:

Weight:

Loss/Gain:

Measurements:

I feel...

Week 3

Goals:

Weight:

Loss/Gain:

Measurements:

I feel...

Week 4

Goals:

Weight:

Loss/Gain:

Measurements:

I feel...

Week 5

Goals:

Weight:

Loss/Gain:

Measurements:

I 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

April - Stress Awareness Month

May - Skin 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 - Ovarian 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."

~Richard Cushing

