

NoSkinnies.com

Meal Plan and Work Out Tracking Sheet (v1)

Plan _____ Week Start Date: _____ Week End Date: _____ Week Number: _____

Goals: No fried foods Eight 8 oz glasses water per day 8-10 servings fruits/veg per day Limit processed foods, white carbs, alcohol, sweets & sodas 1400 - 1800 calories per day	Enter your individual goals here: _____ _____
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8	Water: 1 2 3 4 5 6 7 8
F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10	F & V: 1 2 3 4 5 6 7 8 9 10

Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories	Meal Descriptions	Calories
Meal 1		Meal 1		Meal 1		Meal 1		Meal 1		Meal 1		Meal 1	
Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0
Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0
Meal 2		Meal 2		Meal 2		Meal 2		Meal 2		Meal 2		Meal 2	
Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0
Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0
Meal 3		Meal 3		Meal 3		Meal 3		Meal 3		Meal 3		Meal 3	
Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0
Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0
Meal 4		Meal 4		Meal 4		Meal 4		Meal 4		Meal 4		Meal 4	
Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0
Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0
Meal 5		Meal 6		Meal 6		Meal 6		Meal 6		Meal 6		Meal 6	
Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0	Meal Total	0
Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0	Daily Total	0
Misc/Unplanned													
Daily Calorie Total	0	Daily Calorie Total	0	Daily Calorie Total	0	Daily Calorie Total	0	Daily Calorie Total	0	Daily Calorie Total	0	Daily Calorie Total	0
Work Out:		Work Out:		Work Out:		Work Out:		Work Out:		Work Out:		Work Out:	
20 mins cardio Abs		20 mins cardio Back, Chest, Shoulders		20 mins cardio Legs & Butt		20 mins cardio Abs		20 mins cardio Biceps & Triceps		35-45 mins cardio			

**Consult a physician prior to starting any new workout, challenge, or nutrition plan.
 **The information provided in this document and/or contained on NoSkinnies.com is opinion only. We are not responsible for any injuries you may cause to yourself or others by completing our workouts, challenges, or meal plans.
 **Individual calorie requirements vary. For a consultation regarding the appropriate number of calories for your individual needs please contact us through the No Skinnies contact form.
 **This worksheet is the property of NoSkinnies.com and may not be modified but please do share.