|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ***Day*** | ***Monday*** | ***Tuesday*** | ***110 Best Wednesday Motivational Quotes for WorkWednesday*** | ***Thursday*** | ***Friday*** | ***Weekend goals: Get stronger | Motivational Gym Quotes | Gymquotes.coSaturday*** | ***Sunday*** |
| ***Date*** |  |  |  |  |  |  |  |
| ***Breakfast***  ***What did you have?***  ***What time?*** |  |  |  |  |  |  |  |
| ***Lunch***  ***What did you have?***  ***What time?*** |  |  |  |  |  |  |  |
| ***Dinner***  ***What did you have?***  ***What time?*** |  |  |  |  |  |  |  |
| ***Snacks (Morning/ Afternoon & Evening)*** |  |  |  |  |  |  |  |
| ***Water***  ***(tick the number of glasses)*** |  |  |  |  |  |  |  |
| ***Alcohol*** |  |  |  |  |  |  |  |
| ***Mood***  ***(circle the face)*** | Emoji World Smileys & Emoji:Amazon.co.uk:Mobile Apps | Emoji World Smileys & Emoji:Amazon.co.uk:Mobile Apps | Emoji World Smileys & Emoji:Amazon.co.uk:Mobile Apps | Emoji World Smileys & Emoji:Amazon.co.uk:Mobile Apps | Emoji World Smileys & Emoji:Amazon.co.uk:Mobile Apps | Emoji World Smileys & Emoji:Amazon.co.uk:Mobile Apps | Emoji World Smileys & Emoji:Amazon.co.uk:Mobile Apps |
| ***Fruit/Veg***  ***Did you have your 5 a day?*** |  |  |  |  |  |  |  |
| ***Meal Planning & Notes Section*** | | | | | | | |