

# Track Your Way to Wellness

MY GOAL IS... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## ..... QUICK TIP .....

FILL THIS FORM IN AS YOU GO  
(RATHER THAN AT THE END OF EACH  
DAY) TO HAVE A MORE ACCURATE  
READING OF YOUR DAILY ACTIVITIES.  
.....



## MONDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY  
ON AT LEAST 5 DAYS

### • ENERGY LEVEL •

.....  .....   
POOR AVERAGE GREAT

## TUESDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY  
ON AT LEAST 5 DAYS

### • ENERGY LEVEL •

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POOR AVERAGE GREAT

## WEDNESDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY  
ON AT LEAST 5 DAYS

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## THURSDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY  
ON AT LEAST 5 DAYS

### • ENERGY LEVEL •

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## FRIDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY  
ON AT LEAST 5 DAYS

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## SATURDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY  
ON AT LEAST 5 DAYS

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## SUNDAY

**SHAKES** 1-2 / DAY

**BALANCED MEALS** 1-2 / DAY

**PROTEIN SNACKS** 1-3 / DAY

**HYDRATION** 8 GLASSES / DAY

**EXERCISE** 30 MINUTES / DAY  
ON AT LEAST 5 DAYS

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