## 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.

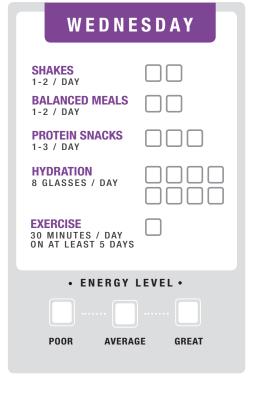
HERBALIFE

NUTRITION



## 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 • P00R **AVERAGE** GREAT





## 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 **POOR GREAT AVERAGE**



