

# WEEKLY HEALTH PLANNER

Week: \_\_\_\_\_

Week Start Weight \_\_\_\_\_

Day	Menu Plan	Workout Plan
<b>M O N D A Y</b>	Breakfast: Lunch: Tea: Dinner: Total Calories:	Exercise:   Calories Burnt:
<b>T U E S D A Y</b>	Breakfast: Lunch: Tea: Dinner: Total Calories:	Exercise:   Calories Burnt:
<b>W E D N E S D A Y</b>	Breakfast: Lunch: Tea: Dinner: Total Calories:	Exercise:   Calories Burnt:
<b>T H U R S D A Y</b>	Breakfast: Lunch: Tea: Dinner: Total Calories:	Exercise:   Calories Burnt:
<b>F R I D A Y</b>	Breakfast: Lunch: Tea: Dinner: Total Calories:	Exercise:   Calories Burnt:
<b>S A T U R D A Y</b>	Breakfast: Lunch: Tea: Dinner: Total Calories:	Exercise:   Calories Burnt:
<b>S U N D A Y</b>	Breakfast: Lunch: Tea: Dinner: Total Calories:	Exercise:   Calories Burnt:

Week End Weight \_\_\_\_\_