

# Daily Eating Schedule & Calorie Tracker

Name: \_\_\_\_\_ My Projected Calorie Intake Goal: \_\_\_\_\_ Calories Per Day

(This Program Recommendation is 1200 Calories per day - Highly Active People May Require More Calories - Adjust to Fit Your Lifestyle)

DAY & DATE	MEAL 1 Breakfast (190)	SNACK 1 Capsule/Bar (100)	MEAL 2 Lunch (190)	SNACK 2 Capsule/Bar (100)	MEAL 3 Dinner (500-600)	EXTRA SNACKS HEALTHY IDEAS FRUIT - ALMONDS VEGGIES	TOTAL CALORIES PER DAY RESULTS	PHYSICAL EXERCISE GOAL ____ X PER WEEK
Day: _____ _____ / _____ / _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	Total Calories  Today _____	YES / NO ACTIVITY _____ TOTAL MINUTES _____
Day: _____ _____ / _____ / _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	Total Calories  Today _____	YES / NO ACTIVITY _____ TOTAL MINUTES _____
Day: _____ _____ / _____ / _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	Total Calories  Today _____	YES / NO ACTIVITY _____ TOTAL MINUTES _____
Day: _____ _____ / _____ / _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	_____ AM/PM _____ _____ _____ Total Calories _____	Total Calories  Today _____	YES / NO ACTIVITY _____ TOTAL MINUTES _____

OVER FOR IMPORTANT TIPS & SAMPLE SCHEDULE ----->

DAY & DATE	MEAL 1 Breakfast (190)	SNACK 1 Capsule/Bar (100)	MEAL 2 Lunch (190)	SNACK 2 Capsule/Bar (100)	MEAL 3 Dinner (500-600)	EXTRA SNACKS HEALTHY IDEAS FRUIT - ALMONDS VEGGIES	TOTAL CALORIES PER DAY RESULTS	PHYSICAL EXERCISE GOAL ____ X PER WEEK
Day: _____  / /	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	Total Calorie  Today _____	YES / NO  ACTIVITY _____  TOTAL MINUTES _____
Day: _____  / /	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	Total Calorie  Today _____	YES / NO  ACTIVITY _____  TOTAL MINUTES _____
Day: _____  / /	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	_____ AM/PM _____ _____ _____ Total Calories_____	Total Calorie  Today _____	YES / NO  ACTIVITY _____  TOTAL MINUTES _____

**Tips for Success:**

Plan Your Schedule So You Eat Approximately Every 2 Hours!

Set Your Phone Alarm to Alert You Until Your New Schedule Becomes Routine!

Stay on Track By Planning Ahead & Adjusting Your Schedule For Special Days, Trips, Celebrations, Dinners & Luncheons

**SAMPLE SCHEDULE**

8AM (Breakfast Shake) - 10AM (Snack & Capsule) - 12PM (Lunch Shake) - 2PM (Snack & Capsule) - 5-5:30PM (Dinner 500-600 Calories)