

Daily Plan

Today is:

NUTRITION	TODAY I <i>plan</i> TO EAT	TODAY I <i>ate</i>	
FITNESS	WORK-OUT	today I <i>worked out</i>	(circle) nope <i>yup!</i>
		break-down	cardio strength
DEFICIT	ACTIVITY	today I	<input type="checkbox"/> sat a lot <input type="checkbox"/> sat a little <input type="checkbox"/> hardly sat
		<i>steps taken</i>	<u>Goal</u> notes <input type="checkbox"/> crushed <input type="checkbox"/> just missed
LIFESTYLE	INTAKE TOTAL - TOTAL BURN DEFICIT =	calories <i>eaten</i> = _____	macros add it up
		calories <i>burned</i> = _____	
		deficit for the day = _____	
		(aim for -500 as a rule of thumb)	
LIFESTYLE	SLEEP	how long did I <i>sleep</i>	Mentally I feel like _____
	WATER	how <i>hydrated</i> am I?	The biggest success I had today was _____
	FEEL	how am I <i>doing</i> ?	One thing I could have done better was _____
			My body feels: (ex: sore, strong, bloated, energetic) _____
			My mindset for the day was _____
			Overall today was a _____ day

Bite your Cravings