

From:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
To:							
Breakfast							
Lunch							
Dinner							
Snacks							
Water (8oz)	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
Multivitamin (y/n)							
Vegies	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Fruit	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
Cardio (# of mins)							
Wt Training (y/n)							

For More Info or additional copies, contact David Hansey, NASM Certified Personal Trainer, 770-949-1116  
 Dave is also Gold's Gym ONLY CERTIFIED Sports Fitness Specialist