

WEEKLY MEAL & EXERCISE PLAN

A goal without a plan is just a wish.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST | | | | | | | |
| SNACK | | | | | | | |
| LUNCH | | | | | | | |
| SNACK | | | | | | | |
| DINNER | | | | | | | |
| EXERCISE | | | | | | | |

NOTES: