

Meal Planner

Date:

Breakfast	Calories

Lunch	Calories

Dinner	Calories

Snacks	Calories

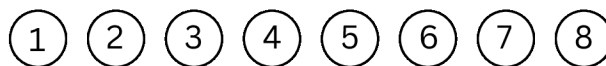
Notes

Goals

Mood



Sleep Hours



Water Intake



Exercises

Total		
Calories	Water	Exercises