

HEALTH & FITNESS TRACKER

NUTRITION

Week of 1/14 - 1/20 Year 2008

Basics	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Water	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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Fruits	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Vegetables	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Supplements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Meal Journal	*	*	*	*	*	*	*	
Breakfast	<div style="text-align: center; color: red; font-size: 2em; opacity: 0.5; pointer-events: none;">Example</div> <p style="color: red; margin: 0;">Omllet (ham, tomatoe, cheese) 625 cal, 4g fat, 1g protein, 1a carbs</p>							
Snack	<p style="color: red; margin: 0;">100 cal snack pack chips 2g fat, .5g carb</p>							
Lunch	<p style="color: red; margin: 0;">Weight Watchers Meal 600 cal, 8g fat, 30g carb, 5g protein</p>							
Snack	<p style="color: red; margin: 0;">100 cal snack pack cookies 2g fat, .5g carb</p>							
Dinner	<p style="color: red; margin: 0;">Weight Watchers Meal 400 cal, 2g fat, 30g carb, 6g protein</p>							
Snack	<p style="color: red; margin: 0;">Apple 65 cal, 0.2g fat, 17g carb, 0.3g protein</p>							

* Track your daily intake of protein, carbohydrates, or fats in this area in the form of grams, calories, etc.

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EXERCISE

Week of 1/14 - 1/20 Year 2008

Cardio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Target Heart Rate	111						
Recovery Heart Rate	86						
Exercise	Treadmill Walking						
Time/Level/Distance	50 minutes, Low, 3.2miles						
Exercise							
Time/Level/Distance							

Weight Training	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Muscle Worked							
Sets/Reps/Weight							
Muscle Worked							
Sets/Reps/Weight							
Muscle Worked							
Sets/Reps/Weight							
Muscle Worked							
Sets/Reps/Weight							
Muscle Worked							
Sets/Reps/Weight							
Notes	First day and I made it!						

Example