

Meal Planner & Lifestyle Tracker

There are thousands of ways to track your wellness journey so if you're still trying to find a system that works for you, I hope this tools helps you.

Know one thing about tracking and planning: your systems are allowed to change over time. Our lives change so you need to change along the way too.

What you'll find here is a system that I've fine tuned over the years by trying different systems. I hope you'll see it as a framework to create your own system.

The **Meal Planner** is a one-page framework for you to create a plan for your meals. You are more likely to make productive nutrition choices when your intentions are written out - even if you don't follow it exactly as written. The purpose of this is to give you a plan, so if you happen to stray away from it, that's ok.

The **Lifestyle Tracker** is a one-page reference for you to see the big picture of your month. When you see the big picture, you are more likely to feel proud of your efforts rather than seeing each day separately.

Just like anything, the more you put in to using this, the more you'll get out of it. But don't get caught up in the details. Allow yourself a day or week off if you feel planning and tracking is too much. Make a note why you took the time off and then just start when you feel ready to.

Thank you for inviting me on your wellness journey with you! Please reach out if there's anything I can help you with.



Meal Planner

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Week of _____
Goal _____

How did last week go?

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Days of the week							
First Meal							
Second Meal							

Use Up

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Prep

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A diagram illustrating a signal path. A green line starts at the top, crosses a horizontal line, and then crosses a second horizontal line below it, showing a transition from a high state to a low state.

A 12x12 grid of dots on a white background. The dots are arranged in a regular pattern, with 12 dots per row and 12 dots per column, forming a square grid. The dots are small, dark gray circles.

Lifestyle Tracker

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DIRECTIONS:
Each day of the month-
Record your exercise
Grade your sleep & nutrition with A, B, or C

Year: _____ Month: _____ Goal: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	Notes:			