



One Day Plan

Today's Date: _____

Brkfst		
Lunch		
Dinner		

Water

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Exercise: _____

1 Month Goal	1 Week Goal	Today's Action Steps

Did I follow my One Day Plan	Something I am proud of
I choose to do tomorrow – Easier	I noticed about my eating
What would your Coach tell you	On a scale of 1 – 10 how committed