

**DAY PLANNER**

**TODAY** \_\_\_\_\_

6:00am \_\_\_\_\_

7:00am \_\_\_\_\_

8:00am \_\_\_\_\_

9:00am \_\_\_\_\_

10:00am \_\_\_\_\_

11:00am \_\_\_\_\_

12:00noon \_\_\_\_\_

1:00pm \_\_\_\_\_

2:00pm \_\_\_\_\_

3:00pm \_\_\_\_\_

4:00pm \_\_\_\_\_

5:00pm \_\_\_\_\_

6:00pm \_\_\_\_\_

7:00pm \_\_\_\_\_

8:00pm \_\_\_\_\_

9:00pm \_\_\_\_\_

10:00pm \_\_\_\_\_

11:00pm \_\_\_\_\_

**MEAL TIME**

**Breakfast:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Snack:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**Snack:** \_\_\_\_\_



**DAILY ACTIVITY/EXERCISE**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PEDOMETER STEPS (goal 10,000)**

\_\_\_\_\_