Nutrition Goals:

1. _____
   _____

2. _____
   _____

3. _____
   _____

Mental Training:

1. _____
   _____

2. _____
   _____

3. _____
   _____

Sport Specific:

1. _____
   _____

2. _____
   _____

3. _____
   _____

Dates to Remember

Event	Location	Date	Time
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____

Day 1

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
(5 apples) (6 broccoli) (3 chicken) (4 milk) (9 bread)	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
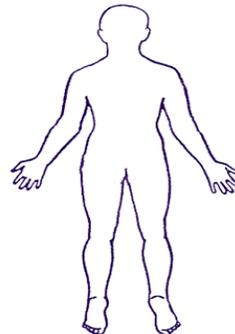Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 2

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
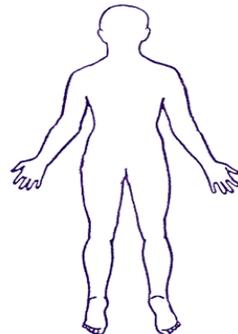Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 3

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
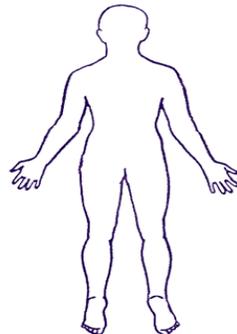Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 4

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
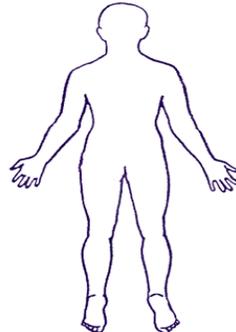Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 5

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
(apples) (broccoli) (chicken) (milk) (bread)	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
Circle Each One and write how many MINUTES you exercised for under the symbol.

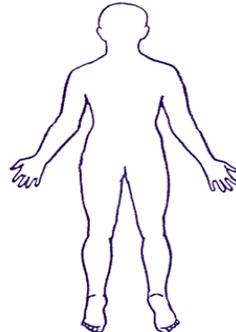Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 6

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
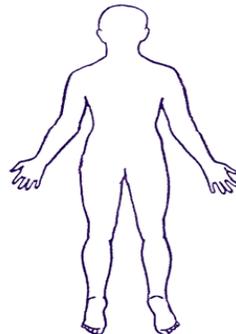Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 7

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
(5 apples) (6 broccoli) (3 turkey) (4 milk) (9 bread)	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
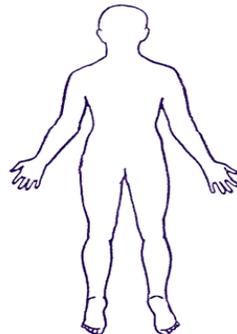Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____   _____   _____   _____   _____   _____   _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

EXCEL:
What did I do well this week?

1. _____
    _____
2. _____
    _____

CHALLENGING
What was hard about this week?

1. _____
    _____
2. _____
    _____

GOALS:
Am I on track to meet my month goals?

Nutrition:_____
_____

Sport Specific:_____
_____

Mental Skills: _____
_____

Day 1

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
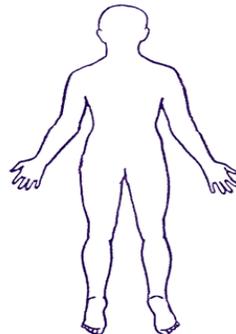Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____   _____   _____   _____   _____   _____   _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 2

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
🍏🍏🍏🍏🍏	Breakfast:
🥦🥦🥦🥦🥦🥦	Lunch:
🍗🍗🍗	Dinner:
🥛🥛🥛🥛	
🍞🍞🍞🍞🍞🍞 🍞🍞🍞	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
Circle Each One and write how many MINUTES you exercised for under the symbol.
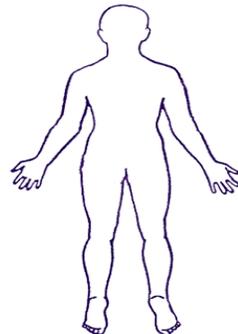
Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 3

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
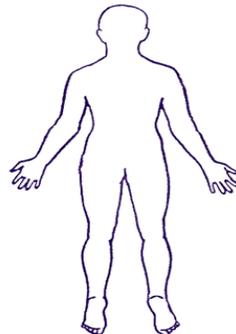Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 4

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
(apples) (broccoli) (chicken) (milk) (bread)	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
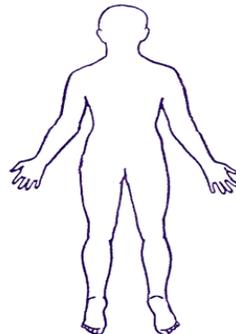Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 5

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
(5 apples)	Breakfast:
(6 broccoli)	Lunch:
(3 chicken)	Dinner:
(4 milk)	
(9 bread)	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
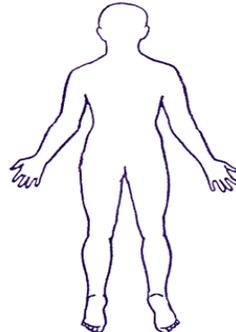Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____   _____   _____   _____   _____   _____   _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 6

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
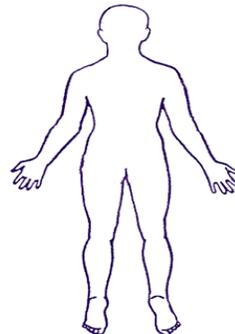Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 7

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
(5 apples) (6 broccoli) (3 turkey) (4 milk) (9 bread)	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
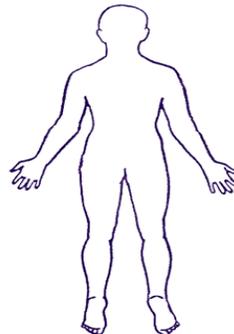Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

EXCEL:
What did I do well this week?

1. _____
    _____
2. _____
    _____

CHALLENGING
What was hard about this week?

1. _____
    _____
2. _____
    _____

GOALS:
Am I on track to meet my month goals?

Nutrition:_____
_____

Sport Specific:_____
_____

Mental Skills: _____
_____

Day 1

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
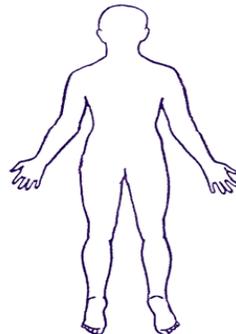Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 2

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
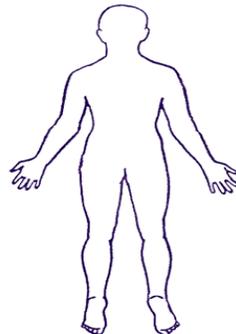Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 3

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
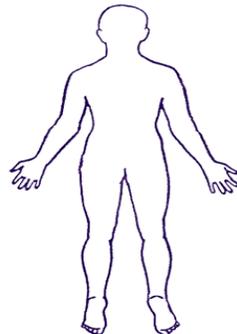Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 4

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
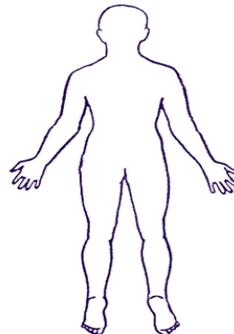Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 5

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
🍏🍏🍏🍏🍏	Breakfast:
🥦🥦🥦🥦🥦🥦	Lunch:
🍗🍗🍗	Dinner:
🥛🥛🥛🥛	
🍞🍞🍞🍞🍞🍞 🍞🍞🍞	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
Circle Each One and write how many MINUTES you exercised for under the symbol.
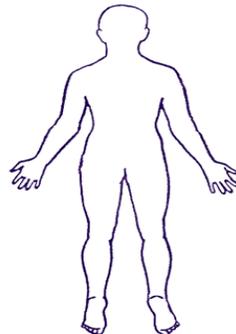
Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 6

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
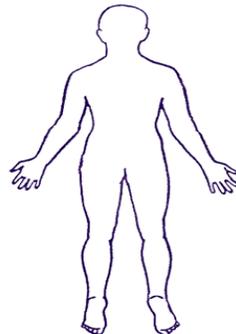Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 7

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
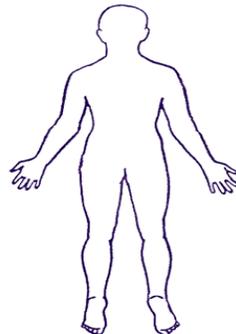Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

EXCEL:
What did I do well this week?

1. _____
    _____

2. _____
    _____

CHALLENGING
What was hard about this week?

1. _____
    _____

2. _____
    _____

GOALS:
Am I on track to meet my month goals?

Nutrition:_____
_____

Sport Specific:_____
_____

Mental Skills: _____
_____

Day 1

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
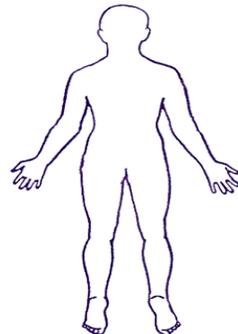Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____   _____   _____   _____   _____   _____   _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 2

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
Circle Each One and write how many MINUTES you exercised for under the symbol.
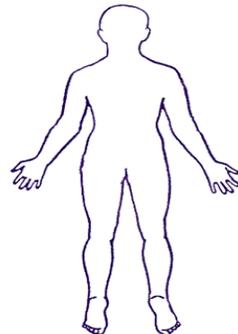
Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 3

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____   _____   _____   _____   _____   _____   _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 4

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
Circle Each One and write how many MINUTES you exercised for under the symbol.
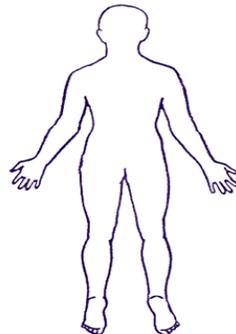
Minutes: _____   _____   _____   _____   _____   _____   _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 5

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
       	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
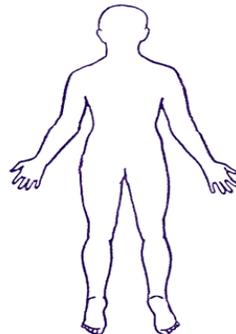Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 6

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
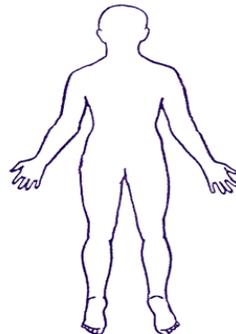Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____ _____ _____ _____ _____ _____ _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

Day 7

Positive Word for Today: _____

Healthy Food for Today: _____

Circle the number of servings you ate from each group	Meals
	Breakfast:
	Lunch:
	Dinner:
	Snacks:
HOW MANY CALORIES TODAY?	

What exercise did you do today?
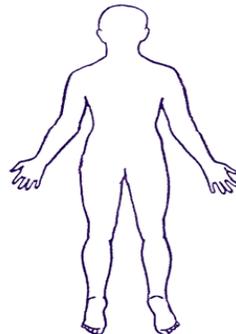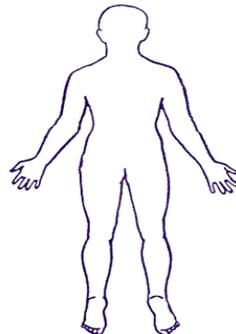Circle Each One and write how many MINUTES you exercised for under the symbol.

Minutes: _____   _____   _____   _____   _____   _____   _____

Did you go to fitness night? Circle the parts of the body that you worked today.

Front   Back

EXCEL:
What did I do well this week?

1. _____
    _____
2. _____
    _____

CHALLENGING
What was hard about this week?

1. _____
    _____
2. _____
    _____

GOALS:
Am I on track to meet my month goals?

Nutrition:_____
_____

Sport Specific:_____
_____

Mental Skills: _____
_____

Did I meet my monthly goals…..?

Nutrition	Mental Training	Sport Specific
YES NO	YES NO	YES NO

EXCEL:
What did I do well this month?
1. _____
    _____
2. _____
    _____

CHALLENGING
What was hard about this month?
1. _____
    _____
2. _____
    _____

IMPROVE:
What can I work on in the future?

1. _____
    _____
2. _____
    _____

How did I feel this Month?

Really Happy	Happy	So So	Sad	Angry