



DAILY TRACKER
AND FOOD PLANNER

Tracker and Planner

How to use the tracker

The tracker is designed to follow a 75-day period just like our programme. For best results, stick to the plan for the 75 days without a blueberry out of place!

Print out the tracker and fill in the month and year along with the dates on each page.

Challenges

For each challenge, complete these 3 times per week as a minimum. If there is any exercise you cannot do within a challenge, then switch it out for one you can. You can choose any challenge in the book in any order, just mark it off on the sheet so you have a record of which you have completed so far along with which day you have completed it. You can double up on challenges on any week if you have a favourite.

Post Workout Shake

These are to be used after each completed challenge. So this will be in addition to your 6 meals/snacks on a challenge day.

Meals

Check off whenever you eat a meal or snack to keep you on track. It's important that you eat everything regardless of your preferred plan; 2 shakes, 2 meal, 2 snacks or the full food option.

Water

Water is of utmost importance, so it's 3 litres a day for ladies and 4 litres a day for men.

Photos

You can take weekly photos as a great record keeper for yourself to see your progress.

How to use the planner

Decide which plan will be best for you by choosing 2 shakes, 2 meals, 2 snacks or the full food option (you may switch between both when necessary). Make a plan to update your planner each week so you are prepared ahead of time and don't get caught short at anytime.



DAILY TRACKER

		MONTH/YEAR																												
		Week 1							Week 2							Week 3							Week 4							
		MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	
Date																														
Day		1	2	3	4		6	7	8	9	10	11		13	14	15	16	17	18		20	21	22	23	24	25		27	28	
FITNESS																														
Challenge		C1							C2							C3							C4							C5
Challenge Completed																														
Post Workout Shake																														
MEALS																														
Meal 1																														
Meal 2																														
Meal 3																														
Meal 4																														
Meal 5																														
Meal 6																														
WATER																														
3 Litres																														
4 Litres																														



DAILY TRACKER

		MONTH/YEAR																												
		Week 5							Week 6							Week 7							Week 8							
		MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	
Date																														
Day		29	30	31	32		34	35	36	37	38	39		41	42	43	44	45	46		48	49	50	51	52	53		55	56	
FITNESS																														
Challenge		C5							C6							C7							C8							C9
Challenge Completed																														
Post Workout Shake																														
MEALS																														
Meal 1																														
Meal 2																														
Meal 3																														
Meal 4																														
Meal 5																														
Meal 6																														
WATER																														
3 Litres																														
4 Litres																														

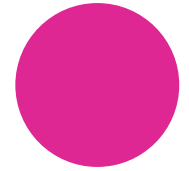


DAILY TRACKER

		MONTH/YEAR																				
		Week 9						Week 10						Week 11								
		MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
Date																						
Day		57	58	59	60		62	63	64	65	66	67		69	70	71	72	73	74	75		
FITNESS																						
Challenge		C9					C10					C11										
Challenge Completed																						
Post Workout Shake																						
MEALS																						
Meal 1																						
Meal 2																						
Meal 3																						
Meal 4																						
Meal 5																						
Meal 6																						
WATER																						
3 Litres																						
4 Litres																						



My Personal Food Plan



	Snack/Meal	Snack/Meal	Snack/Meal	Snack/Meal	Snack/Meal	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						