





























































# HEALTH HABIT

WEEK OF \_\_\_\_\_

	M E N U   P L A N N E R	W O R K O U T	W A T E R   I N T A K E
Monday	Breakfast Lunch Dinner Snacks	Exercise	         
Tuesday	Breakfast Lunch Dinner Snacks	Exercise	         
Wednesday	Breakfast Lunch Dinner Snacks	Exercise	         
Thursday	Breakfast Lunch Dinner Snacks	Exercise	         
Friday	Breakfast Lunch Dinner Snacks	Exercise	         
Saturday	Breakfast Lunch Dinner Snacks	Exercise	         
Sunday	Breakfast Lunch Dinner Snacks	Exercise	