

# LEARN & BURN

## WEIGHT LOSS CHALLENGE

Name: \_\_\_\_\_

Week: \_\_\_\_\_

Complete chart and list all food eaten below

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Amount of Water consumed (ounces)							
Amount of Protein consumed (grams)							
Number of Calories consumed							

Amount of Exercise (minutes)							
Type of Exercise							

**SUNDAY**

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

AM Snack: \_\_\_\_\_

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

PM Snack: \_\_\_\_\_

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

**MONDAY**

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

AM Snack: \_\_\_\_\_

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

PM Snack: \_\_\_\_\_

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

**TUESDAY**

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

AM Snack: \_\_\_\_\_

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

PM Snack: \_\_\_\_\_

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

**WEDNESDAY**

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

AM Snack: \_\_\_\_\_

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

PM Snack: \_\_\_\_\_

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

**THURSDAY**

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

AM Snack: \_\_\_\_\_

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

PM Snack: \_\_\_\_\_

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

**FRIDAY**

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

AM Snack: \_\_\_\_\_

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

PM Snack: \_\_\_\_\_

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

**SATURDAY**

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

AM Snack: \_\_\_\_\_

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

PM Snack: \_\_\_\_\_

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