

# { EAT for FUEL }

## BREAKFAST

WHAT I ATE

.....

.....

.....

.....

MACROS

.....

.....

.....

.....

CALORIES

.....

.....

.....

.....

## SNACKS {AM}

WHAT I ATE

.....

.....

.....

.....

MACROS

.....

.....

.....

.....

CALORIES

.....

.....

.....

.....

## LUNCH

WHAT I ATE

.....

.....

.....

.....

MACROS

.....

.....

.....

.....

CALORIES

.....

.....

.....

.....

## SNACKS {PM}

WHAT I ATE

.....

.....

.....

.....

MACROS

.....

.....

.....

.....

CALORIES

.....

.....

.....

.....

## DINNER

WHAT I ATE

.....

.....

.....

.....

MACROS

.....

.....

.....

.....

CALORIES

.....

.....

.....

.....

# { HIIT the GYM }

WHAT I DID

.....

WEIGH IN:

.....

## { CONFESSIONS }

.....

ACHIEVED my GOAL!

TRY my BEST TOMORROW...

