

	Week:								Week:						
	Weight:								Weight:						
Phase	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	80%?
N1: 3L Water															
N2: Breakfast															
N3: Eat 3-4 hrs															
N4: Portions															
N5: Veggies															
N6: Protein															
N7: Fat															
N8: Carbs															
N9: Colours															
10,000 steps															
Workouts															
Celly Countdown		2	1						2	1					
Notes:															

**REALITY FITNESS** NUTRITION AND WORKOUT TRACKER