	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																
10,000 steps																
Workouts																
Celly Countdown	5	4	3	2	1				5	4	3	2	1			
Notes:																

REALITY FITNESS NUTRITION AND WORKOUT TRACKER