

## Thirty Day Reset – Week One Daily Tracking

Name:

The following will allow you to track your week with how you are feeling at the beginning and end and also your daily energy balance.

Energy /10		Cravings /10		Sleep /10		Mood /10		Body Mass (Weight)	
Mon	Sun	Mon	Sun	Mon	Sun	Mon	Sun	Mon	Sun
Comments:									

Week One	Calories in	Macro-nutrients			Daily Movement	Exercise (duration and intensity – low, medium or high)
		%Protein	%Carbs	%Fat		
Mo						
Tu						
We						
Th						
Fri						
Sa						
Su						
Comments:						

\*Try to complete the calories in for at least three days of the week. My Fitness Pal is a handy app to use.