

Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
③	B	B	B	B	B	B	B
⑤	S	S	S	S	S	S	S
④	L	L	L	L	L	L	L
⑥	S	S	S	S	S	S	S
⑦	S	S	S	S	S	S	S
①	D	D	D	D	D	D	D
②	S	S	S	S	S	S	S
P	M	P	M	P	M	P	M
V	G	V	G	V	G	V	G
FR	FT	FR	FT	FR	FT	FR	FT

Mind your P's: PLAN ahead. • PREPARE ahead. • PORTION control. • PACK night before. • PACE yourself all day.