PERSONAL TRACKER

Keep track each week... and watch yourself achieve your goals with MyDietChef.com!

NAME

DATE FROM TO

MY **DIET** GOALS FOR THIS WEEK

MY **ACTIVITY** GOALS FOR THIS WEEK

MYDIETCHEF PLAN ☐ EXTREME ☐ LOSE-IT-FAST ☐ OTHER:

HOW TO USE YOUR PERSONAL TRACKER:

Make (1) copy of this page, and (3) copies of the next page. Cut the pages alone the dotted lines, fold, and carry in your pocket or purse. Keep track of your meals, snacks and phsyical activity each day of the week.

CUT HERE ✂

CUT HERE ✂

DAY:	DAILY FOOD AND DRINK TRACKER
TIME	AMOUNT/NAME/DESCRIPTION

MAKE ONE (1) COPY OF THIS PAGE.

FOLD HERE

DAILY FOOD AND DRINK TRACKER (CONTINUED)	
TIME	AMOUNT/NAME/DESCRIPTION

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	

DAY:	DAILY FOOD AND DRINK TRACKER
TIME	AMOUNT/NAME/DESCRIPTION

FOLD HERE

DAILY FOOD AND DRINK TRACKER (CONTINUED)	
TIME	AMOUNT/NAME/DESCRIPTION

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	

CUT HERE ✂

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DAILY FOOD AND DRINK TRACKER (CONTINUED)	
TIME	AMOUNT/NAME/DESCRIPTION

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	

MAKE THREE (3) COPIES OF THIS PAGE.